How to Order from Instacart:

- Create an Instacart account.
- Select store and add items to cart.
- Select a delivery time slot.
- Enter delivery address: 1201 Richard Ave. (Jack's Fly In Delivery)
- Review your order and pay at check out.

Cost of Using Instacart:

- **Free Account:**
  - No membership fee.
  - Pay a delivery fee + service fee on eligible delivery orders.
  - Other fees may apply depending on the order.
- **Instacart+ Membership (Optional)**
  - $9.99/month or $99/year
  - Eligible orders have $0 delivery fee.
  - Reduced service fee applies.
  - Other fees may still apply.

You do NOT need an Instacart+ membership to order through Instacart.

There are 17 Grocery Stores Available on Instacart, such as:

- Co-op
- Costco
- Walmart
- Sobeys
- Safeway
- Giant Tiger
- No Frills
- Superstore
- Wholesale
- IGA
- Vita Health
- Save-on-Foods

St. Andrews Airlines

- Accepts and ships grocery orders
- Have fridge & freezer space to store groceries

1) Northway Aviation:
Address: 508 Airline Road
Phone: 204-339-2310
Toll-Free: 1-888-667-8492

- **1-42 lbs**: $99.96 flat rate
- **Over 42 lbs:** $2.33/lb for each lb over 42 lbs
- Note: does not accept instacart deliveries.

2) Amik Aviation
Address: 513 Airline Road
Phone: 204-338-1734
Toll-Free: 1-877-542-4920

- **1-35 lbs:** $70.00 flat rate
- **Over 35 lbs**: $1.91/lb for each lb over 35 lbs

3) Adventure Air
Address: 802 Sun Rd N
Phone: 204-345-8322
(no Toll-Free #)

- **all shipments**: $1.95/lb
- no bulky item surcharge

HOW TO ORDER GROCERIES FROM WINNIPEG

For Little Grand Rapids, Pauingassi, and Poplar River First Nation



In order to receive the Nutrition North Canada (NNC) subsidy discount on eligible groceries and essentials, you must purchase from a registered retailer such as:

(1) Harris Meats & Groceries
(2) Pal's Supermarket
(3) Jack's Fly In Delivery

Created August 2026

NNC Subsidy Applies to Eligible:

🥦 Fresh & frozen fruits and vegetables
🥩 Meat, poultry & fish
🥛 Milk, cheese & yogurt
🥚 Eggs & other protein foods
🍞 Bread, cereals, flour & other grain products
👶 Infant formula, diapers
🧼 Other essential items

---

(1) HARRIS MEATS & GROCERIES

Contact Information:

- Phone: 204-589-1905
- Toll-Free: 1-800-554-9840
- Email: admin@harrismeats.net
- Address: 5 Charles St, Winnipeg, MB
- Website: www.harrismeatsandgroceries.com

How to Order:

1. **Contact Harris Meats** by phone/email.
2. **Provide your:**
   - grocery order
   - contact information
3. **Receive your invoice**.
4. **Pay for your order**:
   - E-Transfer: admin@harrismeats.net
   - WeCard, Credit Card or VISA Debit
5. **Shipping.** Your order will be delivered to airline of your choice within 1-2 business days.

Total Cost: Cost of grocery order + $10.00 airport delivery fee + airline freight rate

(2) PAL'S SUPERMARKET

Contact Information:

- Phone: 204-783-7468
- Email: palsbroadway@gmail.com
- Address: 619 Broadway, Winnipeg, MB
- Website: www.palssupermarket.com

How to Order:

1. **Contact Pal's Supermarket** by phone/email.
2. **Provide your**:
   - grocery order
   - contact information
3. **Receive your invoice.**
4. **Pay for your order**:
   - E-Transfer: palsbroadway@gmail.com
   - WeCard, Credit Card, or VISA Debit
5. **Shipping**. Your order will be shipped to airline of your choice within 1-2 business days.

Total Cost: Cost of grocery order + $10.00 airport delivery fee + airline freight rate

(3) JACK'S FLY IN DELIVERY

Contact Information:
Address: 1201 Richard Ave, Winnipeg, MB
Phone: 204-470-7213
Email: jacksflyindelivery@gmail.com
Facebook Messenger (Preferred)
Website: www.jacksflyindelivery.com

You can order groceries, household items, personal items and more from Jack's Fly In Delivery.

Option 1: Order groceries through Jack's

1. **Contact Jack's Fly In Delivery**.
2. **Provide your**:
   - order (groceries/other items)
   - contact information
3. **Receive your invoice**.
4. **Pay for your order**:
   - E-Transfer: jacksflyindelivery@gmail.com
   - WeCard, Credit Card, or VISA Debit
5. **Jack's will shop for you.**
6. **Shipping.** Your order will be shipped to airline of your choice in 1-2 business days.

Total Cost: Cost of item(s) + $0.40/lb (order weight) + $75.00 flat rate shopping fee + airline freight rate

---

Option 2:
Arrange grocery delivery to Jack's
(more cost-effective)

- Anyone can drop off your grocery order at Jack's (such as a family member, friend) **OR**
- You can order through Instacart and have your order delivered to Jack's.
- Your order will be shipped to airline of your choice in 1-2 business days.

Total Cost: $0.40/lb (order weight) + $40.00 airport delivery fee + airline freight rate