



Fact Sheet 11 Finding familiar foods: Where to look

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The stores included in this list sell a variety of cultural foods at very good prices.

Of course there may be other stores in and around Perth that we are not aware of.

If you know of any stores that could be added to this list, please email

nutrition@asetts.org.au

North of the river

There are many shops north of the river that offer a wide range of food products for a lesser price than the main supermarkets. Below is a list of the shops which offer the familiar foods for people from Africa, Afghanistan, the Middle East and Burma. These shops generally do not extend past Mirrabooka. There are some small shops, but they cater mainly for Asian clientele.

Kakulas Sister Grocer 90 Hillsborough Drive Nollamara

Provides a wide range of grains, flours and legumes. Also provides spices, seeds and nuts. Has cassava and molokhyia. Small range of fresh fruit and vegetables

Kakulas Brothers 183 William Street Perth

This shop is close to Perth train station. It has an extensive range of grains, flour, legumes, rice, dried fruit and spices, all of which can be bought in bulk.

Daily Supermarket 527 Beaufort Street Highgate

Situated close to ASeTTS, this supermarket has an extensive range of grains, legumes and seasonings. It also sells a variety of fresh fruit and vegetables, the selection of which varies with the season.

Ali Babas 882 Beaufort Street Inglewood

A good source of West African foods like Palm oil, bitterleaf, Egusi, garri/cassava, dried pounto yam, Yam flour (amala), dried crayfish and Maltina.

Sunshine Bulkfoods Mirrabooka Shopping Centre, Chesterfield Rd, Mirrabooka

Has a good selection of grains, flours and legumes, dried fruit, nuts and flat breads. Stock molokhia, palm oil and Nestle Celerac. No prices or labels and very little fresh fruit or vegetables.

Sunshine Bulk foods 90 Hillsborough drive, Nollamara

Similarly to the Mirrabooka store, this shop has a good selection of grains, flours, legumes and dried fruit, but these do not have prices or labels. Also has a small selection of dried fruit and vegetables, and sells okra.

Northwood Fresh Corner of Yirrigan Dr and Chesterfield Rd, Mirrabooka

A very well stocked store, with an immense variety of fresh fruit and vegetables as well as bulk, canned, frozen and packaged goods. Sells dried and fresh mulberries, pomegranates, karkade flower: gujarati tea, frozen naan and chappati as well as cassava flour and sumac.

Farmer Jacks Bakery Shop 1 Wade Crt, Girrawheen

Offers a wide range of fresh fruits and vegetables at reasonable prices as well as spices, dried fish, mung beans, dried galangal, lengkuas, prawn paste and fish paste.

Weigh 'n Pay Woodvale Blvd, Corner Whitfords and Trappers Drive

An exceptionally clean and well organised shop. Stocks a wide variety of self-serve grains, spices and legumes. Very friendly and helpful staff. No fresh fruit or vegetables.

Prime Products 414 William Street, Northbridge

Sells a range of foods from India, Pakistan and Sri Lanka. It has a wide range of spices, flat breads and flours. Stocks frozen okra. Also sells fresh meat. Sells a range of foods from India, Pakistan and Sri Lanka. Also sells rice in bulk.

Alfrize 108 Princess Road, Balga

Has a wide variety of grains, flours and beans which are self serve. Quite a small shop but reasonably priced. Recently changed hands and now managed by a Sudanese family.

Cleopatra Family Shop 4, 4 Progress St, Morley (Near Galleria (at Coles end) and Morley Market)

No fresh foods except some cheeses and Lebanese flatbreads. Small but clean shop, friendly staff. Staff reported that most customers are Middle Eastern, and also African. Range of grains and flours, dried fruits, spices, herbs, nuts and seeds available for self-serve. Rice available in sacks up to 20kg. Packets of frozen molokhia and okra available; sign for frozen cassava but wasn't in stock. Range of pickled vegetables and fruit concentrates.

Dewson's Supermarket Mirrabooka Village Shopping Centre, 73 Honeywell Blvd, Mirrabooka WA

This is a general supermarket with items that are commonly found in supermarkets. However its meat selection is halal.

Shree Ganesh Foods Shop 8/361 Wanneroo Rd, Balcatta.

This shop is run by an Indian family. It has a large variety of legumes and spices. Also sells rice in bulk.

Weekend Markets

The markets have specialty stores which cater for the needs of many different cultures. They are especially good with fresh fruits and vegetables, and offer them at a very reasonable price. They are opened on Saturday, Sunday and public holidays that fall on Mondays.

Wanneroo Markets 33 Prindiville Drive, Wanneroo

Wide array of fruits and vegetables can be found at the markets, all at great prices. Also has many specialty stores.

Malaga Markets Corner Beach road and Alexander Drive, Malaga

Has a wide range of shops including multiple fruit and vegetable shops, a fish market, a bakery, a bulkfoods store and a continental deli. Also contains a butcher which sells goat, duck and rabbit. Has a large array of different foods combined with the hustle and bustle of weekend markets.

South the River

Chan brothers Unit 8/ 7 Marshall Rd Myaree

Supplies a wide range of spices and pastes, a range of fruits and vegetables, some flat breads and fish paste and prawn paste. Extensive selection. Mainly Asian groceries.

Kakulas Sister 35 Market Street Fremantle

Has an extensive range of grains, flour, legumes, rice, dried fruit and spices, all of which can be bought in bulk.

The Indian Supermarket 493 Albany Highway Victoria Park

Wide variety of frozen fruit, vegetables, meat and breads. Stocks dried fish including katta, paraw and keermen in conjunction to many herbs, spices, legumes, grains and nuts in pre-weighed and packaged bags. Predominantly Indian foods.

Yee Sing Oriental Supermarket 36 Hulme St Myaree

Only shop in Perth selling sweet potato leaves. Limited availability during the Summer months.

Ali Baba Kebab Shop 114 Kooyong St Rivervale

Sells Afghani naan. Need to ring and request.
Note: Is a kebab shop that sells kebabs, burgers and chips.

United Bakery 35 Adrian St Welshpool

Has a range of unique foods as well as standard household items. Good quality and reasonably priced Lebanese bread. Stocks a variety of grains, nuts and legumes in pre-weighed packages as well as a selection of herbs and spices, olive, canola and corn oil in bulk and labnic.

Weekend Markets

Fremantle Markets

Cnr South and Henderson Streets Fremantle

Market City

Bannister Rd, Canningvale

Halal butchers

The Islamic Council of Western Australia produces a pamphlet, ' A guide to Halal outlets in Western Australia'. It is free of charge and can be obtained by calling the Islamic Council on 9362 2210. Below is a short list of what is available in Perth.

AIC Meat Langford Ave Langford

Hi Five 29 Weatherburn Way Kardinya

Perth Halal Butcher 5/81 Acton Ave Rivervale

Beckenham Halal Meats 190 William St, Beckenham WA

Ismail's Halal Butcher 330 Walcott St, Menora WA

Bentley Halal Meat & Smallgoods Shop 4, 11 Hillview Place, Bentley WA

Medina Meat Supply Shop 10A, Honeywell Blvd, Mirrabooka WA

Crown Meat Product 308, The Strand, Dianella WA

Perth Halal Butcher (WA Wholesale Meats) 5/81 Acton Avenue, Rivervale WA

Dunya Butcher 1019 Albany Highway, East Victoria Park

The Meat Giant Shop 21, Mirrabooka Square WA

Halal Lill Muslimin 511 Beaufort St, Highgate WA