

# Supplier Listing

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## **BUILDING MAINTENANCE & RENOVATION**

- **CLEANING SERVICES**
- **LANDSCAPING**
- **PROPERTY MANAGEMENT**
- **RENOVATION & CONTRACTOR SERVICES**
- **SNOW CLEARING**

### **EarthKind Cleaning Worker Cooperative Ltd.**

A non-toxic, residential cleaning cooperative incorporated by the Lost Girls of Sudan. All members are trained and professional.

Contact person: Rebecca Deng  
Phone: (204) 218-8830  
Email: rdeng@shaw.ca

### **Enviro-Safe Cleaning Worker Cooperative Ltd.**

Worker owned cooperative providing competitive, non-toxic cleaning services to businesses on a daily, weekly, monthly or one-time basis. We offer membership and employment to persons from the refugee and immigrant community.

Contact person: Patrick Mutumbi  
Phone: (204) 803-1068  
Email: envirosafe2006@hotmail.com

## **Inner-City Renovations**

Inner City Renovations is a construction company providing complete renovation services for both business and residential dwellings.

Contact person: Marty Donkervoort / Cheryl Lisoway  
Address: 539 Jarvis Ave. Winnipeg, MB R2W 3B2  
Phone: (204) 586-9600  
Email: mdonkervoort@icdevelopment.ca / clisoway@mts.net  
Website: www.icdevelopment.ca

## **Redfern's Landscaping**

Services include spring and fall clean-ups, weekly lawn maintenance, tree pruning, tree removal, garden maintenance, fertilizing, sanding and salting. We also offer snow clearing for small properties.

Contact person: Hugh Redfern  
Phone: (204) 795-6865  
Email: redferns1999@hotmail.com

## **CLOTHING & MERCHANDISE**

- **CLOTHING, SHOES & ACCESSORIES**
- **MERCHANDISING, T-SHIRTS, UNIFORMS & BAGS**
- **SILK SCREENING**

## **The Screening Shoppe Ltd.**

We offer silk-screened and embroidered goods and promotional products such as T-shirts, golf shirts, jackets, sweats, hoodies, cups, mugs, pens, water bottles and bags.

Contact person: Eileen Johnson  
Address: 455 Selkirk Ave. Winnipeg, MB R2W 2M4  
Phone: (204) 947-0152  
Fax: (204) 233-9125  
Email: Eileen@thescreeningshoppe.com  
Website: www.thescreeningshoppe.com

## **The Up Shoppe**

Featuring business, formal, casual family clothing, shoes as well as accessories.

Contact person: Eliyana Engelova  
Address: 382 Selkirk Ave. Winnipeg, MB R2W 2M2  
Phone: (204) 582-3494  
Fax: (204) 586-9476  
Email: eliyana@newc.mb.ca  
Website: www.newcinc.org

## **Vasa Cooperative**

The Vasa Co-op is a locally run worker cooperative focused on producing the most ethically sourced and cutting edge clothing in the world. Through our unique business model, we are able to support local workers and artists while protecting the environment.

Contact person: William Granger  
Phone: (204) 226-VASA (8272)  
Email: info@vasacooperative.com  
Website: www.vasacooperative.com

## **COMPUTER SERVICES**

- **COMPUTER HARDWARE**
- **NETWORKING**
- **SOFTWARE**
- **SUPPORT**
- **WEB SITE DESIGN**

## **ParIT Worker Cooperative Ltd.**

ParIT is a worker co-op offering open source software set up and support services. Businesses using open source software are not restricted to licensing fees and time consuming upgrades as they are when using proprietary software. ParIT practices the principles of parecon, or participatory economics.

Contact person: David Henry  
Phone: (204) 772-5158  
Email: transparency@parit.ca

## **Kendrick Computing**

Family systems and small business computer support. Also repair and upgrades of your current system.

Contact person: Scott Kendrick  
Address: 888 Portage Ave. Winnipeg, MB R3G 0P3  
Phone: (204) 943-7100  
Fax: (204) 943-7138  
Email: scott@kendrick.mb.ca

## **COURIERS**

- **CITY WIDE COURIER SERVICES**
- **BICYCLE SALES / REPAIR**

### **Natural Cycle Courier and Bike Shop**

We offer year round, competitive, worker owned, professional and environmentally safe courier service.

Our bike shop sells new and used custom built bicycles. We specialize in one speed and commuter style bikes. Also, we offer custom wheel building with a variety of hubs, spokes and rims.

Contact person: Susanne Klueppel

Address: 91 Albert St. Lower Level Winnipeg, MB R3B 1G5

Phone: (204) 957-5762

Email: [inquiry@naturalcycle.ca](mailto:inquiry@naturalcycle.ca)

Website: [www.naturalcycle.ca](http://www.naturalcycle.ca)

## **FOOD & BEVERAGE INDUSTRY**

- **CATERING**
- **BAKERIES**
- **RESTAURANTS**
- **FOOD PACKAGING**
- **FOOD BASKET GIFT IDEAS**
- **CAFÉS AND COFFEEHOUSES**
- **FROZEN FOODS**
- **GROCERY STORES AND DELIVERY SERVICES**
- **PRODUCE SUPPLIERS AND GROWERS**

### **Ellice Café and Theatre**

A non-profit community café and theatre incorporating a low-income food service, catering and local employment and training.

Contact Person: Belinda Squance

Address: 587 Ellice Avenue, Winnipeg, MB R3B 1Z7

Phone: (204) 775-4929

Email: [nlm5@shaw.ca](mailto:nlm5@shaw.ca)

Website: [www.menumanitoba.com/ellicecafe.htm](http://www.menumanitoba.com/ellicecafe.htm)

### **Food For Thought**

Catering for all occasions! Fresh and frozen line of foods including soups, sandwiches, dressings, sauces, take and bake pies, lasagnas, moussaka as well as vegan and vegetarian foods and gift baskets. Established in 2000.

Contact person: Melanie Rushton  
Address: 1236 Main St. Winnipeg, MB R2W 3S8  
Phone: (204) 772-3663  
Fax: (204) 586-2155  
Email: foodforthought@shaw.ca  
Website: www.foodforthoughtcatering.ca

### **Fresh Option Organic Delivery**

Forging a localized organic food distribution system for Manitobans, we offer organic produce, groceries and beverages with a focus on locally produced foods. Both Winnipeg households and larger groups can benefit from this convenient service. We also do gift baskets.

Contact person: Marnie Feeleus or Wayne Morris  
Address: 1338 Clifton St. Winnipeg, MB R3E 2V2  
Phone: (204) 772-1479  
Fax: (204) 774-9908  
Email: email@freshoption.ca  
Website: www.freshoption.ca

### **Mondragon Bookstore and Coffeehouse**

Mondragon is a political bookstore and coffeehouse and caterer offering an array of vegan cuisine and fair trade coffees as well as radical and / or alternative literature in an environment that promotes discussion as well as good health. Join your friends by the fireplace!

Contact person: Eton Harris  
Address: 91 Albert St. Upper Level Winnipeg, MB R3B 1G5  
Phone: (204) 946-5241  
Fax: (204) 956-1505  
Email: mondragon@a-zone.org  
Website: <http://a-zone.org/mondragon>

### **Neechi Foods Co-op Ltd.**

A retail food store offering grocery, deli, bakery, catering, lunch delivery service, bulk and frozen foods. We sell Aboriginal specialty products. Incorporated (as a worker cooperative) in 1987.

Contact person: Ferne Chartrand  
Address: 325 Dufferin Ave. Winnipeg, MB R2W 2Y1  
Phone: (204) 586-5597  
Fax: (204) 589-4862  
Email: neechifoods@mts.net

### **Nyam, Nyam Catering Worker Cooperative Ltd.**

Nyam, Nyam Catering is operated by the Lost Girls of Sudan and caters authentic, delicious Sudanese food.

Contact person: Rebecca Deng  
Phone: (204) 218-8830  
Email: rdeng@shaw.ca

### **Organic Planet Worker Cooperative**

A worker owned co-op selling organic produce, grocery and in-store made deli items. We offer catering services and made-to-order gift baskets.

Contact person: Shalynn van Solkema  
Address: 877 Westminster Ave Winnipeg, MB R3G 1B3  
Phone: (204) 772-8771  
Fax: (204) 772-8852  
Email: opwc@mts.net  
Website: www.organicplanet.coop

### **Sunpeak Foods**

Sunpeak Foods is an innovator in healthy foods that taste great! Sunpeak products are available for retail stores, local cafeterias and other institutions. Sunpeak products are also available for home delivery and catering.

Contact person: Regan Stevenson  
Phone: (204) 480-1876  
Fax: (204) 480-8436  
Email: rs@sunpeakfoods.com  
Website: www.sunpeakfoods.com

### **The Waste Reduction Store**

The Waste Reduction Store offers biodegradable and compostable alternatives to plastic and polystyrene disposable ware for serving and packaging food. We help you put food in touch with nature and turn waste into a resource!

Contact person: Kathleen Boylan  
Phone: (204) 226-4628  
Email: Kathleen@happyplanetproductions.com  
Website: <http://www.thewastereductionstore.ca> or  
[www.happyplanetproductions.com](http://www.happyplanetproductions.com)  
Orders: orders@happyplanetproductions.com

## **HARDWARE**

- **HARDWARE RETAILERS**

### **Pollock Hardware Co-op Ltd.**

Community-owned hardware store selling Benjamin Moore Paint, plumbing, electrical, glass, screen, garden tools, house wares plus hard to find items such as Aladdin Lamps, Radio Flyer Wagons, cabbage cutters, meat grinders, juicers, crocks, etc. We also fix windows and screens and provide sharpening services.

Contact person: Jim Chapryk  
Address: 1407 Main St. Winnipeg, MB R2W 3V2  
Phone: (204) 582-5007  
Email: manager@phcoop.ca

## **HEALTHCARE & MEDICAL SERVICES AND SUPPLIES**

- **HEALTHCARE PROFESSIONALS**
- **HEALTHCARE AIDS AND SUPPLIES**

### **Avenue Chiropractic**

Located in the Spectrum Health Centre offices, Dr. Pearch is dedicated to providing quality chiropractic care to all patients, regardless of economic ability.

Contact person: Dr. Keith Pearch  
Address: 677 Portage Ave. Winnipeg, MB R3G 0M5  
Phone: (204) 772-7700  
Fax: (204) 772-9575  
Email: DrKeith2001@hotmail.com  
Website: www.spectrumhealth.ca

## **PRINTING SERVICES**

- **DIGITAL PRINTING**
- **GRAPHIC DESIGN**
- **LABELS**
- **COPYING**
- **PROMOTIONAL ITEMS**
- **TRADITIONAL PRINTING**

### **Kendrick Quality Printing**

Full colour to single colour printing of everything from business cards to giant posters. Digital output of almost any file Mac or PC.

Contact person: Scott Kendrick  
Address: 888 Portage Ave. Winnipeg, MB R3G 0P3  
Phone: (204) 943-7100  
Fax: (204) 943-7138  
Email: [scott@kendrick.mb.ca](mailto:scott@kendrick.mb.ca)

### **Paradis & Dennis Visual Communications / Lloyd's Quick Printing**

Paradis & Dennis provides its clients with many graphic related services including illustration, visual communication products, publishing, web design, web development and stationary. Lloyd's Quick Printing specializes in providing its clients with a wide spectrum of print media that includes office stationary, book publishing, posters, signs, indoor / outdoor banners, wedding stationary and vehicle graphics, etc.

Contact person: Dalton Dennis  
Address: 623 Selkirk Ave. Winnipeg, MB R2W 2N2  
Phone: (204) 633-1991  
Email: [pdvc@mts.net](mailto:pdvc@mts.net)  
Website: [www.pdvc.ca](http://www.pdvc.ca)

### **Western Label Co. Ltd.**

Print services for short run, full colour work including business cards, brochures, catalogues, label sheets, etc. Manufacturer of pressure sensitive labels for laser / inkjet printers, pricing, prescription labels, shipping, product labels, etc.

Contact person: John Blower  
Address: 976 Elgin Ave. Winnipeg, MB R3E 1B4  
Phone: (204) 452-2357  
Fax: (204) 783-8488  
Email: [john@westernlabel.com](mailto:john@westernlabel.com)  
Website: [www.westernlabel.com](http://www.westernlabel.com)

## **SPECIALTY GIFTS & SERVICES**

- **EVENT PLANNING**
- **ENTERTAINMENT**
- **FLORISTS**
- **GIFT BASKETS**
- **SPECIALTY GIFTS**
- **ABORIGINAL GIFTS**
- **ETHNIC GIFTS**
- **SPECIALTY TRAINING**

### **Cosmopolitan Florists Ltd.**

Fresh cut flowers, flowering plants, fresh and artificial funeral tributes, wedding designs, Lucky Bamboo, fruit and gourmet baskets, balloons, plush. Quick, efficient and professional.

Contact person: Astrid Lichti  
Address: 994 Main St. Winnipeg, MB R2W 3P7  
Phone: (204) 589-7359  
Fax: (204) 589-7350  
Email: [cosmofl@mts.net](mailto:cosmofl@mts.net)  
Website: [www.cosmopolitanflorists.com](http://www.cosmopolitanflorists.com)

### **FUNtastic Party & Special Event Planning**

Special event planning (i.e: team building, parties, picnics, promotional, staff appreciation, etc.). We also have entertainers, inflatable structures and decoration supplies. We book residential parties as well. Call us for any of your event planning requirements.

Contact person: Regina Witkowski  
Phone: (204) 218-5583  
Email: [fun@funtasticevent.com](mailto:fun@funtasticevent.com)  
Website: [www.funtasticevent.com](http://www.funtasticevent.com)

### **Northern Star Workers Cooperative**

Aboriginal women's cooperative selling Aboriginal star blankets, traditional clothing, cushions and other decorative items. Star blankets are a great gift idea for weddings, births or whenever you need a unique idea to tell the recipient you're thinking of them.

Contact person: John Loewen  
Address: 211 Isabel Street, Winnipeg, MB R3A 1R5  
Phone: (204) 944-1440  
Fax: (204) 944-1440  
Email: [northernstaroriginals@yahoo.com](mailto:northernstaroriginals@yahoo.com)  
Website: [www.northernstar.coop](http://www.northernstar.coop)

### **Prairie Pride Gourmet Baskets**

Featuring the finest of Manitoba gourmet products, MSG free, preservative and additive free. Supporting the local economy!

Contact person: Astrid Lichti

Address: 994 Main St. Winnipeg, MB R2W 3P7

Phone: (204) 589-7359

Fax: (204) 589-7350

Email: [cosmofl@mts.net](mailto:cosmofl@mts.net)

Website: [www.cosmopolitanflorists.com](http://www.cosmopolitanflorists.com)

### **Simplicity Practice and Resource Centre (SPARC)**

SPARC is a worker cooperative staffed by a dedicated group of researchers and facilitators who believe deeply in the benefits of voluntary simplicity. SPARC conducts workshops, study circles, is available for speaking engagements, and sells resources for simply living.

Contact person: Kelly Janz

Phone: (204) 475-4233

Email: [info@simplicitycentre.org](mailto:info@simplicitycentre.org)

Website: [www.simplicitycentre.org](http://www.simplicitycentre.org)