

# BUYING CULTURALLY APPROPRIATE FOOD

It can be difficult to know where to buy culturally appropriate food locally. While this fact sheet does not list every business available, it does provide a range of options to choose from.

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## HALAL FOODS AT THE SUPERMARKET

Halal certified and Halal 'safe' foods (based on listed ingredients) can be purchased at major supermarkets including; Coles, Woolworths and Aldi.

You can find a growing list of Halal foods through the websites below:

[Halal Square](#)  
[Halal Grocery](#)

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## ORDER ONLINE

Ordering online can be an easy way to access a variety of foods without having to travel. To reduce the cost of delivery, order in bulk with family or friends and divide the cost of delivery between the group.

Below are a list of online stores that deliver locally:

[Halal Meats Online](#)  
[BigBazar Traralgon](#)  
[India At Home](#)

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## LOCAL BUSINESS

The businesses listed below offer a range of grocery products. If you can't find what you are looking for, they may be able order items in for you or help you find a supplier.

**Paraluman Trading Victoria- Indian Grocery**  
112 George St, Morwell VIC 3840  
Ph: 0459 355 882

**Halal Meat - Trafalgar (beef only)**  
Mohammed Shareef  
Ph: 0433 406 786

**Al-Noor Supermarket And Halal Butcher**  
12 Spring Sq, Hallam VIC 3803  
Ph: 0433 560 067



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## PRODUCE MARKETS

If you are able to travel, fresh food markets offer a variety of different foods. To save time and money, buy in bulk when possible. Some markets may not be operating as usual during COVID-19 so please check before you travel.

The markets listed below provide a wide range of foods:

[Dandenong market](#)  
[Pakenham Community Grocer](#)



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