

IWG – Member support materials

Grocery Shopping Basics

One of the most frustrating aspects of settling into a new country can be grocery shopping. Questions such as where to go for certain items, what's in that can with no picture on the label, why won't they take my 100 zloty bill for this bottle of water, why is the shopping cart chained to the rack, and so on. If you have come from the USA, you'll have a whole additional set of issues like converting pounds to kilograms and then saying it in Polish!

There are many options for obtaining groceries and most people shop at a variety of places depending on what they're buying. Online shopping for canned goods, basic items, heavy items and such is convenient and easy, especially if you rely on public transportation and have to haul everything home in a trolley. Shopping at the markets for fresh items you prefer to look at and select yourself works best. And neighborhood shops are wonderful for picking up the occasional thing you realize you ran out of last minute.

The largest grocery stores in Warsaw are Carrefour, Tesco, Piotr i Paweł and Alma. Smaller markets such as Biedronka, Lux and Żabka can be found throughout most neighborhoods. Fresh food markets such as Hala Mirowska have an amazing assortment of fresh fruits, vegetables, meats, cheeses and breads, as well as other items. There are also street vendors who sell produce brought in from the countryside out of their cars or on the sidewalk. With the exception of produce sellers on the street, prices for most items are likely to be higher in the smaller stores.

Checkout staff in grocery stores is usually seated and they don't pack your groceries. They do not exchange pleasantries, such as asking if you found everything, and rarely make any conversation except to say hello, ask if you want to buy a bag, and say thank you. The easiest way to pay is with a debit card, and if paying by cash they expect close to exact change for small purchases. Most people bring their own shopping bags or a pull trolley. Large shopping carts require a 1 or 2 zloty coin to release them from the corral, which you get back when you return the cart to the corral. Small hand held baskets are usually not allowed past the checkout, so you have to bag the groceries on the spot and leave the basket at the register.

In some stores, you must bag and weigh fresh produce yourself. The scales have photos of different fruits and vegetables and after pushing the button for the item you are purchasing, it will print out a bar coded price sticker.

Grocery stores and online shopping

AMG - Asian and International packaged food products such as spices, spice blends, jasmine rice, basmati rice, exotic juices, lentils, snacks and cooking sauces. There is showroom in their distribution facility on ul. Poleczki 23. They also have online shopping.

Auchan – Website for home grocery delivery service. In English.

Befsztyk - Quality meats and grocery products. Online ordering (in English) and delivery. Puławska 176/178

Crazy Butcher - Quality meats and hard to find cuts. Located at Bazar Olkuska in Mokotow and Franciszka Klimczaka 5/88, Wilanów

Frisco - Online ordering and delivery for groceries. In English.

Kuchnie Swiata - Hard to find international food items catering to expats. Located in several shopping malls including Zlote Tarasy, Arkadia and Galeria Mokotow.

Marks & Spencers - Major shopping centers. Mostly a clothing shop but also a small food area with some hard to find items catering to expats.

Piotr I Pawel - Several stores around Warsaw and online ordering (only in Polish) at <https://www.e-piotripawel.pl/>

Tesco - Several stores around Warsaw and online ordering (in English) and delivery for groceries.

The British Shop - ul. Emilii Plater 12. Staff speaks English. You can order anything from the UK and it can be transported over at additional cost. Online ordering. Website partly in English.

Piccola Italia - ul. Emilii Plater 47. Italian and Mediterranean foods, wines. Most staff speak English.

Food Markets

Hala Mirowska - Largest year round indoor and outdoor food market in Warsaw. Most food stands do not take credit cards and expect close to exact change, or at a minimum, small bills. Closed Sunday.

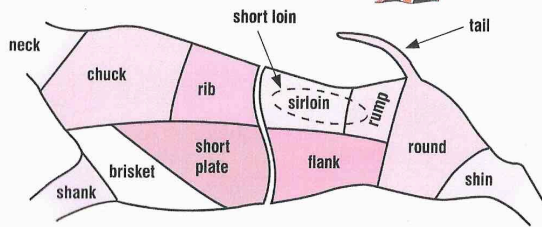
Bio Bazaar – Food market open Wed 10:00- 18:00, Fri 16:00 – 20:00, Sat 08:00 – 16:00
Żelazna 51/53, 00-841 Warsaw

Polna Bazaar - ul. Polna 13 High quality meat, fish, dairy products and alcohol produced locally and abroad. Closed Sunday.

If you find another good shop or market, please let us know by contacting us at <mailto:IWG.Warsaw@Gmail.com> and we can keep updating the list! Things are always changing and new markets pop up all the time.

BEEF

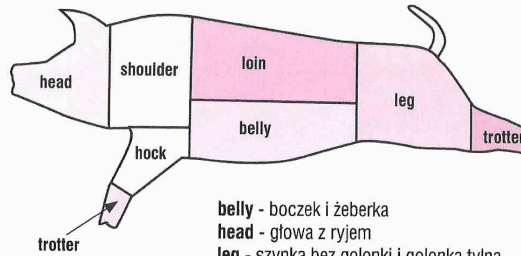
 BRITISH CUT



brisket - mostek
chuck - karkówka i rozbratel
flank - łata
round - zrazowa (udziec)
rump - krzyżowa (udziec)

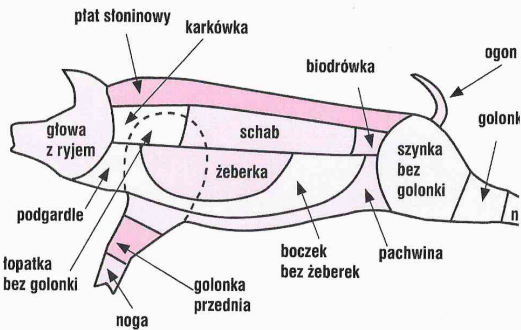
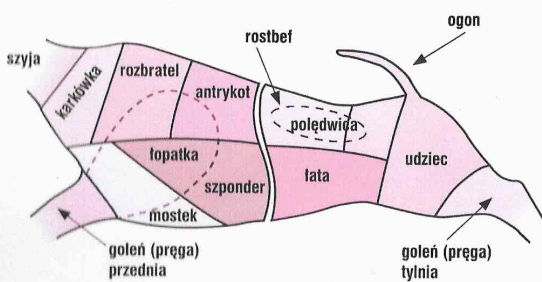
shank - goleń (pręga) przednia
shin - goleń (pręga) tylna
short loin - rostbef
sirloin - poledwica

PORK



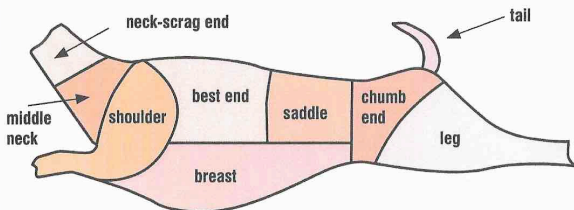
belly - boczek i żeberka
head - głowa z ryjem
leg - szynka bez golonki i golonka tylna
loin - schab i biodrówka
shoulder - karkówka i topatka
trotters - nogi

 POLISH CUT



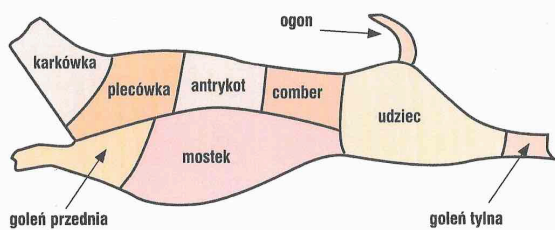
LAMB

 BRITISH CUT



best end - antrykot
breast - mostek
leg (chump) end - udziec
middle neck - karkówka
neck-scrag end - szyja
saddle - comber
shoulder - plecówka i goleń przednia

 POLISH CUT



What's it called?

pork	wieprzowina
beef	wołowina
chicken	kurczak
ham	szynka
bacon	boczek
duck	kaczka
fish	ryba
bread	chleb
coffee	kawa
tea	herbata
cream	smietanka
rice	ryż
water	woda
juice	sok
sugar	cukier
butter	masło
cheese	ser
yogurt	jogurt
egg	jajko
milk	mleko
apple	jabłko
banana	banan
lemon	cytryna
orange	pomarańcz
pear	gruszka
pineapple	ananas
plum	sliwka
raspberry	maliny
strawberry	truskawka
nuts	orzechy
onion	cebula
garlic	czosnek
basil	bazylia
thyme	tymianek
salt	sól
pepper	pieprz
mushroom	pieczarki
beet	buraki
cabbage	kapusta
asparagus	szparagi