

Healthy Food Resources in Monroe County

Eating healthy is an important part of preventing type 2 diabetes. We put together a list of markets and grocers that offer healthy and affordable food options.





Healthy Food Resources in Monroe County

Abundance Cooperative Market

571 South Ave, Rochester, 14620,
and locations throughout the region.
Organic grocery store,
locally-sourced produce.
Open Mon.–Fri. 8am–9pm
Sat.–Sun. 9am–8pm

ALDI

400 Lake Ave., Rochester, 14608,
and locations throughout the region.
Produce, organic products, meat, dairy
at discount prices
Open Mon.–Sun. 9am–8pm
(Thurs. open until 4pm only)

B+ Healthy Fresh Food Market

442 Genesee St., Rochester, 14611
Vegan, Fresh Food Market
(585) 475-1564
Open Mon.–Sun. 7am–8pm

Brighton Farmers' Market

1150 Winton Rd. South,
Rochester, 14618
(585) 269-8918
Local produce
Open Sun. 9am–1pm
May to November

City of Rochester Public Market

280 Union St. N., Rochester, 14609
Prepared foods, produce, organic
products
(585) 428-6907
Open Sat. 5am–3pm
Thurs. 6am–1pm

Curbside Market–Foodlink

251 Joseph Ave., Rochester, 14605,
and locations throughout the region.
Discounted produce year round

Fairport Farmers' Market

Fairport Village Landing, Fairport, 14450
Local produce
Sat. 7am–12pm
May to October

Gentles Farm Market

1080 Penfield Rd., Rochester, 14625
Local produce
Open 9am–6pm

Greece Food Market at Greece Ridge Mall

271 Greece Ridge Center Dr.,
(Sears parking lot) Rochester, 14626
Local produce
Open Thurs. and Sat. 8am–3pm
June to October

Lori's Natural Foods Center

900 Jefferson Rd., Bldg. 1, Suite 105,
Rochester, 14623
(585) 424-2323
Prepared foods, produce,
organic products
Open Mon.–Sat. 8am–9pm
Sun. 9am–7pm

Monroe Village Farmers' Market

Blessed Sacrament Church
726 Monroe Ave., Rochester, 14607
Local produce
Open Wed. 4pm–7pm
Mid-June to mid-October

Powers Farm Market

161 Marsh Rd., Pittsford, 14534
Local produce
Mon.–Sat. 9am–6:30pm
Sun. 9am–5:30pm



PriceRite

1230 University Ave., Rochester, 14607,
and locations throughout the region.

Prepared foods, produce, organic
products

Open Mon.–Sat. 8am–9pm

Sun. 8am–8pm

Save-A-Lot

569 Lyell Ave., #101, Rochester, 14606

836 N. Goodman St, Goodman Plaza,
Rochester, 14609

Great produce

Open Mon.–Sun. 9am–8pm

South Wedge Farmers' Market

175 Mt. Hope Ave., Rochester, 14620

Local produce

Open Thurs. 4pm–7pm

June to October

The Old Farm Market

3442, 80 Gates Greece Townline Rd.,
Rochester, 14606

Local produce

Open Mon.–Sat. 9am–7pm

Sun. 9am–5pm

Tops Friendly Markets

1900 S Clinton Ave., Rochester, 14618,
and locations throughout the region.

Prepared foods, produce,
organic products

Open Mon.–Sun.

Urban Farm Stands–Foodlink

Cathedral Community Church
296 Flower City Park, Rochester, 14611

Local produce

Open Wed. 2:30pm–5:30pm

St. Mark's & St. John's Churches

1245 Culver Rd., Rochester, 14609

Local produce

Open Sat. 9:30am–12:30pm

July and August

Walmart

1490 Hudson Ave., Rochester, 14621,
and locations throughout the region.

Prepared foods, produce,
organic products

Open Mon.–Sun.

Wegmans

525 Titus Ave., Rochester, 14617,
and locations throughout the region.

Prepared foods, produce, organic

Open Mon.–Sun.

Westside Farmers' Market

St. Monica Church

831 Genesee St., Rochester, 14611

Local produce

Open Tues. 4pm–7pm

June to October





Are you interested in learning about the
Diabetes Prevention Program?

Contact us at **DPPRoc@urmc.rochester.edu**
for information on programs and trainings.

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Center for Community Health & Prevention
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urmc.rochester.edu/community-health.aspx

