

Monfalcone Food & Groceries Guide

Supermarkets & Grocery Stores

- **Coop Alleanza 3.0:** A large, well-stocked supermarket offering a wide range of products, including fresh produce, baked goods, and household items. It's a great choice for your main weekly shopping.
- **Eurospin:** A popular discount supermarket perfect for budget-conscious shoppers. You'll find essential items at very competitive prices.
- **Despar:** A supermarket known for its high-quality products, fresh deli, and local specialties. It's a great place to find premium Italian ingredients.

Halal Food Options

Monfalcone has several places where you can find **halal** meat and other specialty items. Look for local butcher shops with "Halal" signs, or visit restaurants that specialize in Pakistani and Middle Eastern cuisine.

Balkan & Eastern European Groceries

Monfalcone has a significant community from the Balkan region. As a result, you will find markets that specialize in products from countries like Bosnia, Serbia, and Kosovo. These stores are a great place to find traditional foods like cured meats, relishes (**ajvar**), and special cheeses.

Shopping Like a Local: Key Tips

Shopping in Italy can be a bit different. Here are two important tips:

- **The Produce Scale:** At most grocery stores, you must weigh your own fruits and vegetables. Put your items in a bag, find the corresponding code number on the sign, and use the self-service scale to print a barcode sticker to attach to the bag.
- **The Deli Counter (**Gastronomia**):** For fresh-sliced cheeses and meats, take a number and wait your turn. When it's your number, simply tell the clerk what you want and how much (e.g., "un etto" for 100 grams).

Local Markets

- **Campagna Amica Market:** For the freshest local produce, be sure to visit this weekly farmers' market. It's held every Wednesday from 8:00 AM to 1:00 PM at Piazza Falcone e Borsellino.