

## COVID-19: Purchasing Groceries in a Safe & Healthy Manner in Edmonton, Alberta

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### Shopping Hours reserved for Seniors, Individuals with Immunocompromised Systems or Disabilities

- Walmart, Safeway, Save-on-Foods, Sobeys & Superstore: Daily at 7-8 AM
- Sunterra: Wed & Sat at 8-9 AM
- Italian Centre: Mon, Tues, Wed & Thurs at 9-10 AM
- Co-Op: Daily from 8-9 AM
- Costco: Tues & Thurs at 8-9 AM
- London Drugs & Shoppers Drug Mart: 8-9 a.m., daily (hours vary by location)



### Online Grocery Shopping:

#### Curbside Pick-up (all free)

- Superstore/No Frills/Loblaws CityMarket through PC Express (free)
- Walmart
- Save on Foods
- Italian Centre
- Bountiful Farmers Market (Fri, Sat, Sun)

#### Delivery to your Home

- Walmart (\$9.97 fee)
- Costco Wholesale (free if >\$75 spend)
- Save on Foods (delivery fee ~\$5-10, varies by timeslot, or you can redeem More Rewards points for free delivery with promo code RD2500)
- Italian Centre (free if >\$75 spend)
- Sunterra (\$8 fee)
- Organic Box (subscription service, can pick up or have delivered)
- Bountiful Farmers Market (\$10 fee)
- Steve and Dan's Online Market (\$9 fee)



#### 3rd party Delivery Options to your Home

- Men in Kilts (free)
- SPUD (free)
- JY Grocery Delivery (McKernan Foods) (\$10/delivery)
- Bag-Half-Full-YEG (free)
- Fly & Fetch (free or nominal fee)
- INABUGGY (unknown \$)
- Edmonton Grocer (unknown \$)
- Wolfe Automotive Group Helping Hands (free; will pick up your curbside pick-up order at grocery store of your choice)
- Grocery Link (\$19.99/delivery)
  - Delivers food from Superstore, Walmart, M&M Foods, Wholesale Club & Loblaws CityMarket & Save on Foods
- InstaCart (\$3.99 for orders over \$35 + 5% service fee or \$9.99 monthly membership for free delivery)
  - Delivers food from Superstore, Shoppers Drug Mart, Walmart, Loblaws, M&M Food Market, T&T Supermarket and Bulk Barn.

#### Edmonton Meals on Wheels

- **Grocery delivery programs:** 'Store to Door Program' & 'Grocery Bag'
- **Pre-Prepared Meals:** 'Chef's Choice Frozen Meals' & 'Chef's Choice Daily Meals'

#### Links with Updated Listings of Businesses that are Open

<https://www.avenueedmonton.com/city-life/straight-to-your-doorstep-local-businesses-that-will-deliver-essentials/>  
<https://edmonton.thingsthatreopen.com/>