



DELIVERY SERVICES FOR SENIORS

This document provides a summarized list of service providers to assist and support seniors in our community during the COVID-19 outbreak. These services operate out of Edmonton. If you live in a surrounding community, please contact the provider to see if they serve your area.

ONLINE GROCERY AND DELIVERY SERVICES

Edmonton Grocer Phone: 587-930-3303 (text messages only) Web: www.edmontongrocer.com	InaBuggy Phone: 1-844-412-8449 Web: www.inabuggy.com
InstaCart Phone: 1-888-508-1922 Web: www.instacart.ca	JY Grocery Delivery (McKernan Foods) Phone: 780-217-6360 Web: www.jygrocerydelivery.com
M&M Food Market Click and Collect Phone: 1-800-461-0171 Web: www.mmfoodmarket.com Delivery available through InstaCart	Edmonton Meals on Wheels Phone: 780-429-2020 Web: www.mealsonwheeledmonton.org/pages/store-to-door
The Grocery Bag Web: www.mealsonwheeledmonton.org/pages/the-grocery-bag	Pick N Drop Phone: 1-855-745-3767 Web: www.pickndrop.ca
Real Canadian Superstore Phone: 1-866-999-9890 Web: www.realcanadiansuperstore.ca Delivery available through InstaCart	Save-On-Foods Online Shopping Phone: 1-800-242-9229 Web: www.shop.saveonfoods.com
Shop For You Phone: 780-487-7745	SPUD Phone: 587-873-8822 Web: www.spud.ca
Sunterra Market Phone: 780-434-2610 Web: www.sunterramarket.com	The Organic Box Phone: 780-469-1900 Web: www.theorganicbox.ca
Walmart Grocery Pick-up Phone: 1-800-328-0402 Web: www.walmart.ca/en/grocery Delivery available through InstaCart	Bag-Half-Full YEG Phone: 780-952-7101 OR 780-952-7101 Email: baghalffullyeg@gmail.com U of A medical students offering free grocery delivery for seniors

PREPARED MEAL DELIVERY

Dinner Factory Phone: 780-470-3463 Web: www.dinnerfactory.ca	Heart to Home Meals Phone: 780-666-2336 or 1-800-704-4779 Web: www.hearttohomemeals.ca
Simply Supper Phone: 780-249-3113 (North Edmonton) 780-433-6958 (South Edmonton) Web: www.simplysupper.ca	Preserve Food Truck Email: preservefoodtruck@gmail.com
Easy As Pie Phone: 780-913-3451 Web: www.eapmeals.ca	Edmonton Meals on Wheels Phone: 780-429-2020 Web: www.mealsonwheelsedmon ton.org
PDG Express Meal Service Phone: 780-455-5620	

RESTAURANT MEAL DELIVERY

Online and mobile app services provide restaurant meal delivery to individuals in Edmonton and surrounding area. A computer or a smart phone is required to use these services. Delivery hours are subject to each restaurant's hours of operation. Delivery fees vary by app and by restaurant.

- **DoorDash:** www.doordash.com
- **Foodora:** www.foodora.ca
- **Skip the Dishes:** www.skipthedishes.com
- **Uber Eats:** www.ubereats.com

PHARMACY DELIVERY

Pharmacies, including Shopper's Drug Mart, deliver medications directly to your home for free. Please contact your local pharmacy for information. For a complete listing of local pharmacies, please visit www.yellowpages.ca.

This information was partially retrieved from: *A Guide to Mobility & Independence: A Comprehensive Listing of Essential Services and Transportation Providers in Edmonton and Outlying Communities, 10th Edition 2020*