

## Grocery & Food Delivery Options

I have been researching options and putting together some information to provide to the community regarding online grocery delivery services and meal kits for an upcoming piece in my updates; however, there is no better time than now to provide this information to you.

My goal is to help keep you healthy and avoiding large crowds as you shop for the essentials to keep your day to day life going. One way you can reduce the risk and continue to get daily necessities of food and other household needs is to utilize some of the delivery services available both online and in our area.

Some of the area grocery delivery or shopping options include the following:

**Walmart Grocery:** <https://grocery.walmart.com/>

Available online or by utilizing the Walmart Grocery app on your smartphone, you can shop for many of the household and food items you need to survive. In addition to being easy to use with no extra charges, you can pick out your groceries, have them bagged and ready at a chosen time for you to pick up in their specially marked pick up drive thru lanes. Our local Walmart now offers delivery as well.

**Giant Food's Peapod:** Use <https://www.peapod.com/> for the local Giant (located at Town & Country in South Stafford off Rt 218) – both delivery (for a nominal fee) and pick-up options are available.

Available online, you can virtually shop through the Giant store and have it delivered to your home for a nominal fee with minimum \$60 purchase.

Want to take it one step further and have a lot of the hassle of what to fix for dinner taken away for you? You can also choose from one of the following meal delivery programs available in our area:

**Home Chef:** <https://www.homechef.com/how-it-works>

Home Chef is a meal kit delivery service that's affordable for as little as \$50 per week. The service offers easy to follow recipes for delicious meals made with pre-proportioned fresh ingredients and plated in under an hour.

I personally use this one and find that there are a wide variety of meals – I've been using for two months and have not had the same meal twice.

**Hello Fresh:** <https://www.hellofresh.com/how-it-works/>

Hello Fresh is a meal kit delivery service that's affordable for as little as \$7.49 per meal. The service offers easy to follow recipes for delicious meals made with pre-proportioned fresh ingredients and plated in under an hour.

**Blue Apron:** <https://www.blueapron.com/pages/pricing>

Blue Apron is a meal kit delivery service that's affordable for as little as \$9.99 per meal. The service offers easy to follow recipes for delicious meals made with pre-proportioned fresh ingredients and plated in under an hour.

There are more companies out there; however, these are the most popular. Most of these home meal kit delivery services offer a coupon to start up. If the website doesn't provide you with a coupon code to use, let me know and I'll do a little digging to get you a coupon code OR for those residents that are tech savvy, use one of the coupon finder apps like *honey* or *Rakuten* to find some savings!

These are great options to think about to keep you at home, exercising social distancing to keep you and your family healthy. If you have any questions, please don't hesitate to reach out to me.

-Lara / Activities Director

***Please share this information with neighbors that may not have received it.***