

HOME DELIVERED GROCERIES AND PREPARED MEALS

Please consider asking family, friends, neighbors or any other helper in your home to do your grocery shopping for you. Plan ahead and order extra groceries especially canned and frozen foods.

- 1) **Stop and Shop** provides home delivery services for groceries and frozen meals. Delivery fees vary. Order online through peapod.com. Your order can be picked – up at the store parking lot and will be delivered to your car or your helper’s car parked in a numbered parking spot. Peapod delivers to your home.
- 2) **Atkins Farms** delivers groceries to your home Mon. – Sat. Also, a variety of fresh and frozen prepared meals are available for your helper to pick-up in the store. **Call (413) 253 – 9528**, 8am - 4pm or online atkinsfarm.com. Home delivery requires 48 hours notice and will be delivered to your curb. Minimum order of \$25 required with \$10 delivery fee in Amherst.
- 3) **Magri’s Fruit & Produce**, 2009 Memorial Drive, Chicopee, offers groceries and prepared food delivery. Call 413-535-1200.
- 4) **Family Pizza**, 334 Newton Street, South Hadley. Call 413-536-3197.
- 5) **Schwan’s Home Delivered Meals – schwans.com**
A large variety of single serving meals sold in “4 meal packets”. Vegetarian and heart healthy options. Delivered frozen by a Schwans truck or UPS to your doorstep. This is a great way to stock up! Call 888-724-9267.
- 6) **Cana Korean Restaurant**, 159 Grove Street, Chicopee offers take out and delivery within 5 miles. Call 413-592-1366.
- 7) **Leslie Cerrier, Private Chef, Shutesbury**
Call Leslie at 413-259-1695 or leslie@lesliecerier.com for details.
A week’s worth of customized, organic prepared meals delivered to your home.
- 8) **Instacart – www.instacart.com**
Big Y, Target, Aldi and CVS
Home delivery of online grocery orders. First delivery is free.
5% service fee for orders. Minimum fee is \$2.

PREPARED MEALS

- 1) **Trader Joes, Whole Foods, Target, Big - Y, Stop and Shop, Atkins Farms** all have a large variety of fresh and frozen prepared meals for your helper to **pick up at the store**.
- 2) **Door Dash** – Delivery of food from your favorite restaurant.
www.doordash.com