Food Delivery/Pick-Up Options

- **Instacart** (delivery service that requires creation of account)
  - Includes Costco, Sam’s Club, CVS, The CO-op, Sprouts, Safeway, etc.
  - [https://www.instacart.com](https://www.instacart.com)
- **Amazon Prime Delivery** (from Whole Foods; requires an Amazon Prime account; found under Whole Foods Market)
- **Restaurant Delivery** (delivery services that require creation of an account; Doordash, GrubHub, Postmates*)
  - includes prepared food from grocery stores
- **Pickupfixe** (launching soon) (delivery service that requires creation of account; local app for pre-made meals that can be picked up curbside from various restaurants)
- **Farm Fresh to You** (CSA/Produce delivery service)
  - [https://www.farmfreshtoyou.com/compare/?promo=anxt](https://www.farmfreshtoyou.com/compare/?promo=anxt)
- **Walmart** (Delivery & Pick-Up)
  - [https://grocery.walmart.com/?adid=1500000000000039636420&veh=wmt&athcid=CC_Store&athpgid=homepage.ny&athmtid=customerConnection&athznid=customerConnection&athena=true](https://grocery.walmart.com/?adid=1500000000000039636420&veh=wmt&athcid=CC_Store&athpgid=homepage.ny&athmtid=customerConnection&athznid=customerConnection&athena=true)
- **Safeway** (requires an account) (pick-up and delivery)
  - [https://www.safeway.com/](https://www.safeway.com/)
- **Raley’s** (requires an account)
  - E-Cart delivery has quite a few days turn-around (6 days)
  - Raley’s Pharmacy Pick-Up w/credit card/debit card (cannot have food and pharmacy together)
  - **Raley’s Senior Essentials Bags (48 hrs. in advance – pick-up only)**
  - **$20 Bag**: Contains a mix of fresh items and pantry staples.
    - Raley’s Instant Oatmeal, 11.8-15.1 oz. box
    - Raley’s Condensed Soup, 10.5 oz. can
    - Raley’s Chunk Light Tuna, in Water, 5 oz. can
    - Raley’s Peanut Butter, 16 oz. jar
    - Raley’s Pinto, Kidney or Garbanzo Bean, 15.5 oz. can
    - Raley’s Diced or Stewed Tomatoes, 14.5 oz. can
    - Raley’s Canned Fruit, 15-15.25 oz. can
    - Raley’s Instant Mashed Potatoes, 14 oz. box
    - Raley’s Mac & Cheese
- Raley’s Pasta, 12-16 oz.
- Raley’s Pasta Sauce, 23-24 oz.
- Bananas, 1 bunch, (5-6 bananas roughly 2 lbs.)
- (3) Large Navel Oranges, per lb. (roughly 2 lbs.)
- (3) Fuji Apples, per lb. (roughly 2 lbs.)
- (3) Bulk Russet Potatoes, per lb. (roughly 2 lbs.)
- Raley’s Mild, Hot or Breakfast Sausage Roll, 16 oz.

**$35 Bag:** Freshly cooked, heat-and-eat entrées and salads. Product mix depends upon availability.

- Ready-to-Go Chicken Alfredo
- Ready-to-Go Mac & Cheese
- Ready-to-Go Chicken Enchilada with Verde Sauce
- Fresh Green Salad, Purely Made Chicken Tortilla Soup
- Purely Made Chicken Noodle Soup
- Purely Made Sacratomato Soup
- 4-count Blueberry Muffins

Stores with Drive-Thru/Curbside Pick-Up/Delivery Pharmacy Support

- **Walgreens**
  - Drive-Thru Locations

- **Raley’s**
  - [https://www.raleys.com/pharmacy/](https://www.raleys.com/pharmacy/)
    - Please contact your local Pharmacy team via phone to make this request and schedule your pickup; will accept debit or credit card payment from your car; this service is reserved for our at-risk and senior patients; cannot be combined with grocery pick-up

- **CVS**
  - Free Rx Home Delivery
    - [https://www.cvs.com/content/delivery](https://www.cvs.com/content/delivery)

Stores with Seniors’ Hours/Support

- **Sacramento CO-op** – 7-8AM Daily for Seniors over 60
- **Safeway** – Tue & Thurs 7-9 AM
- **Whole Foods** – Every Day 8-9AM for Seniors over 60
- **Target** – Each Wednesday the first hour of business for “vulnerable guests”
- **Smart & Final** – Every Day 7:30-8 for Seniors over 65
- **Walmart** – Each Tuesday the first hour of business for Seniors over 60
• Store Finder:  
  https://www.walmart.com/store/finder?location=95819&distance=50

• Walgreens
  o Every Tuesday 8-9AM
  o Support for Seniors: online discounts, including free shipping of items and drive-thru options at available locations
    ▪ Senior Support Webpage
      • https://www.walgreens.com/topic/promotion/seniorday.jsp?ban=covid_landing_SRbullet

• Dollar General – first hour of every day
  o Store Locator: http://www2.dollargeneral.com/About-Us/pages/storelocator.aspx

Additional Resources

• Sacramento Food Bank (Includes CalFresh and Food for Seniors)
  o https://www.sacramentofoodbank.org/find-food