

# SIM - ESSENTIAL SERVICES FOR OUR COMMUNITY

Current as of 3/25/20

## 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>
- **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.farmfresh toyou.com/compare/?promo=anxt>
- **Walmart** (Delivery & Pick-Up)
  - [https://grocery.walmart.com/?adid=1500000000000039636420&veh=wm&athcpid=CC\\_Store&athpgid=homepage\\_ny&athmtid=customerConnection&athznid=customerConnection&athena=true](https://grocery.walmart.com/?adid=1500000000000039636420&veh=wm&athcpid=CC_Store&athpgid=homepage_ny&athmtid=customerConnection&athznid=customerConnection&athena=true)
- **Safeway** (requires an account) (pick-up and delivery)
  - <https://www.safeway.com/>
- **Raley's** (requires an account)
  - E-Cart delivery has quite a few days turn-around (6 days)
  - <https://www.raleys.com/about/giving/crisis-response/covid-19-update/>
  - 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
    - [https://www.walgreens.com/storelocator/find.jsp?drive-thru-pharmacy=true&ban=covid\\_landing\\_drivethru](https://www.walgreens.com/storelocator/find.jsp?drive-thru-pharmacy=true&ban=covid_landing_drivethru)
- **Raley's**
  - <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>

### 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**
  - Every Tuesday 8-9AM
  - 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](https://www.walgreens.com/topic/promotion/seniorday.jsp?ban=covid_landing_SRbullet)
- **Dollar General** – first hour of every day
  - Store Locator: <http://www2.dollargeneral.com/About-Us/pages/storelocator.aspx>

### Additional Resources

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