



COVID-19

GROCERY AND FOOD DELIVERY OPTIONS



Better Living Options - Call 416-447-7244 x 541 for More Information

- Meals on Wheels - frozen full meals or entre trays for those who can warm their own meals; Breakfast, Snack and Milk delivery options are also available
- Good Food Box - a selection of seasonal fruits and vegetables available for weekly delivery
- Grocery Gateway - **1-877-447-8778**

Online Delivery Options

- Instacart - **www.instacart.ca** - a good option for individuals have access to a computer. Time slots may be limited
- Cornershop - **www.web.cornershoppapp.com** - has time slots for delivery. Orders must be placed online
- Toronto Soup Co - **www.torontosoupco.com** - soup and other food items delivered on Tuesdays and Thursdays. Service area is Lakeshore Dr. to Finch Ave. and Keele to DVP
- Walmart - **www.walmart.ca** - Walmart has both grocery and household items available for delivery
- Mr. Case - **www.mrcase.com** - for bulk item purchase. Produce and fresh food is also available
- Mr. Produce - **www.mrproduce.com** - produce delivery online. Minimum order is \$75

Order Online, Pickup Required

- PC Express - **www.pcexpress.ca** - some of the Loblaw chain of stores have time slots for their Click and Collect service through the PC Express Website. Individuals would need to order online and then pick up
- Don's Bakery - **www.donsbakery.ca** - order online and pickup on Tuesdays and Fridays at Bathurst and Sheppard. Range of produce, groceries and baked goods

Apps

- My Shoperon - **www.myshoperon.com** - connects seniors with someone who can do their errands
- Next Door - **www.ca.nextdoor.com** – connect clients with individuals in their neighbourhoods who can assist with errands

Other Options

- Toronto Intergenerational Partnership grocery delivery for seniors - 416-531-8447
- Call neighbourhood fruit market and ask if they will deliver or place an order for pick up
- Prescription pick up- most pharmacies are delivering or call your local Community Support agency and see if they can deliver (fees may apply)
- Many grocery stores have seniors hours from 7-8am

Food Banks

- North York Harvest Food Bank - 416-635-7771 x 0. Open on Wednesdays. Individuals can also call to find out where their local food bank is located
- Community Share Foodbank - 416 441-3209. Currently located at 33 Overland Drive. Wednesdays 12:00pm - 3:00pm.
Individuals requiring delivery should email **contact@communitysharefoodbank.ca**
- City of Toronto and Daily Bread Food Bank Food Delivery Program for high risk isolated individuals - 1-833-204-9952. Available to anyone with an M Postal Code who qualifies
- Oriole Park Food Space - **daffodil@northyorkharvest.com**. For individuals who live in the North DVP Area
- Friendly Neighbourhood Hotline - 1-855 581-9580. Available for seniors in TCHC buildings. Essential shopping of 8 items or less
- North York Seniors Centre - 416 733-4111. Essential shopping of 8 items or less
- Willowdale Seventh-Day Adventist Church - 535 Finch Ave W. Thursdays 11am-5pm, 647-704-1111 – appointment required
- Jane/Sheppard TPL -1906 Sheppard Ave. West. Open Thursdays 12-3. Currently drop-in but will be moving to appointments
- Bathurst-Finch Community Food bank – 647-704-1111

**For more information about resources, please
call our North York COVID-19 Hotline:
416-447-5200**