

Grocery/Supplies Delivery Services

- Bessie Box

Bessie works with Alberta farmers and B.C. fishermen to deliver boxes of beef, chicken and seafood (or a combination of the three) for free to Calgary, Cochrane, Airdrie, Chestermere and Okotoks. You can subscribe or do a one-time order. Right now Bessie Box is adding in an extra pound of ground beef and off-cuts for free with every order and is encouraging customers to share it with others who need it. Those in self-isolation can request no-contact delivery.

bessiebox.com

- Bite Grocer & Eatery

Bite is working on getting an online delivery system going, but until then you can email gm@biteyyc.com to place your order for free delivery if you live in Ramsay or Inglewood. You can also do curbside pickup if you live outside those neighbourhoods.

1023 9 Ave. S.E., 403-263-3966, biteyyc.com

- Calgary Co-op

Calgary Co-op is delivering free care packages to those under Covid-19 quarantine in accordance with public health agency instruction until April 15. The packages feature non-perishable food essentials and are available while supplies last. Care package requests can be made over email (more details at calgarycoop.com).

Care packages may no longer be available

calgarycoop.com

- Costco Wholesale

Costco members can take advantage of the store's two-day delivery service, which is available on weekdays for household items, non-perishable food and

specifically marked products. And if you spend \$75 or more, there's no delivery fee.

costco.ca

- Cultivatr

This online local farm-fresh delivery service has responded to the increased demand and is now offering delivery Thursday through Sunday (formerly just Thursday and Friday). Delivery is free on orders more than \$40. Place your order by 10:30 a.m. on Tuesday for Saturday or Sunday delivery, and by 10:00 a.m. on Saturday for delivery on Thursday or Friday.

cultivatr.ca

- The Grocery Link

This local grocery delivery service lets you place an order at one of eight grocery stores (including Superstore, Save-On-Foods and M&M Food Market), then delivers it within a two hour span on weekdays. The base rate for regular delivery service is \$19.99, plus there are discounted programs for seniors and those with limited access.

thegrocerylink.com

- Inabuggy

With Inabuggy, you can order from multiple big-name stores, which currently includes Walmart, Costco, PetSmart, Rexall Pharma Plus, Safeway and M&M Food Market. The delivery fee is \$19.98 and there's an additional fee of \$9.99 per store if there are multiple stops. The biggest bonus is you can order in as little as an hour in advance (or up to three days).

inabuggy.com

- Instacart

Instacart offers delivery from a wide range of stores, including BulkBarn, Staples, Walmart, Real Canadian Superstore and more. Plan ahead by placing an order in advance (maximum six days) or get a last-minute delivery within two hours. The service uses your delivery time and order size to determine the delivery fee.

[instacart.com](https://www.instacart.com)

- ParcelPal

This Canadian-based app's motto is "anything you want, delivered." Along with restaurant and alcohol delivery, you can order groceries from Sunterra Market and five downtown Corner Store locations (the last time we checked, they have wipes!). Grocery delivery is \$9.99.

[parcelpal.com](https://www.parcelpal.com)

- Prairie Farms

This family-operated market in Willow Park Village delivers fresh produce from local Alberta farmers to you. Delivery is \$5 and there's a minimum \$50 purchase. This spot is particularly good if you're struggling to find meat in big-box grocery stores. Check their Facebook page to see what they have in stock.

prairie-farms-local-market.business.site

- The Organic Box

The Organic Box, which delivers to Calgary, Bow Valley, Central Alberta and Edmonton on select days, focuses on locally-sourced and/or organic food. Choose from curated, customizable boxes that can be scheduled weekly or bi-weekly, or build your own box with items ranging from soap to produce to baked goods. Calgary orders are delivered on Tuesdays.

theorganicbox.ca

- Save-On-Foods

Order from Save-On-Foods at least a day in advance or up to 30 days before delivery. Delivery fees are based on your chosen time slot but range between \$7 to \$10. Through your account, you can create and save shopping lists and add notes to specific items like if you want a ripe avocado or a green banana.

saveonfoods.com

- Spud

Spud members get boxes of local, organic produce once a week on a designated delivery day based on neighbourhood. If you fulfill the minimum order, your groceries will be delivered for free. Choose what goes in the box or go with the Weekly Staples Box, which features \$70 worth of products for just \$40 with vegan and gluten-free options.

spud.ca

- Sunterra Market

Sunterra delivers groceries for \$8 with a minimum order of \$50. In addition to everyday groceries, you can also have Sunterra's daily features delivered as well as its Friday Night Feast, a three-course meal for just \$18.99. Voila, dinner is served.

sunterramarket.com

- T & T Supermarket

T & T Supermarket, which has two locations in Calgary, is one of the latest major grocery store chains to offer home delivery. Shoppers can place orders for Asian snacks, groceries, household items and beauty/health products. Orders will arrive within three to seven days through Canada Post. Note that the Pacific Place Mall location is closed until April 8, 2020.

tntsupermarket.com

- UniMarket

If you're looking for authentic Latin foods such as tortillas, salsas or dried chiles, you can order groceries online from UniMarket. You can get same-day delivery on orders placed before noon and delivery is free if your order is more than \$60. Curbside pickup is also available at both its north and south locations Friday through Sunday for prepared to-go meals such as burritos, empanadas and roasted chickens. You will need to call or fill out an online order form for pickup.

2405 Edmonton Trail N.E., 403-984-3373; 128 50 Ave SE; 403-255-4479;
unimarket.ca

- <https://Extendedfamilyca.org>

Free and safe grocery pick up & delivery service for at risk seniors and those in self isolation living in NW Calgary during the COVID-19 pandemic.

- <https://www.getityyc.com/>

Local Delivery service for groceries, supplies, and more. No contact/curbside deliveries available.

- <https://www.walmart.ca/en/help/grocery>

Walmart allows you to create an order online and pick it from a nearby store, or have groceries delivered to your door. The fee is \$9.97 for picking, packing, and delivering your order.

- <https://www.pcxpress.ca/>

PC Express allows you to shop for groceries online and choose a pickup location near you – either at a nearby store or a neighbourhood drop off location. PC Express works for all Loblaws stores, including No Frills, Superstore, Your Independent Grocer, and Wholesale Club.

- <https://www.inabuggy.com/>

Using the Inabuggy app, you can select a grocery order and have it delivered to your house.

- <https://www.hellofresh.ca/>

Hello Fresh sends you fresh ingredients and recipes every week to make your own balanced meals. You can choose different plans, for as low as \$11.66 per serving + \$9.99 for shipping.

- <https://7-eleven.ca/delivery/>

You can order from 7-eleven stores using Foodora or UberEats.

- <https://planetorganic.ca/delivery/>

You can order from Planet Organic stores using UberEats, SkipTheDishes, or DoorDash.

- <https://linasmarket.com/delivery-take-out/>

Lina's Italian Market offers delivery & takeout services. Delivery is available every day for \$7 during business hours. Call 403-277-9166 to place an order, also available through third party services, DoorDash, SkipTheDishes or UberEats.

- <https://www.healthychefdelivery.com/>

Easy to prepare meals delivered to your home. Alongside family bundles and single meal deliveries, there are 3, 5, and 7 day plans available, along with slim fit & keto specific plans.

- <https://leanonmeals.ca/>

Easy to prepare meals delivered to your home, starting at \$10.99 per meal.

- <https://www.makegoodfood.ca/en/home>

GoodFood sends you fresh ingredients and recipes every week to make your own balanced meals. You can choose different plans, for as low as \$12.04 per serving with free delivery.

- <https://www.bashafoods.ca/>

International foods grocery store. Contact them at (403) 280-6797 for more information on delivery options.

- <http://www.caribbeanchoicecalgary.ca/>

Takeout & delivery available from this local Caribbean grocery store. Contact them at 403-230-1880 or caribbean.choice@hotmail.com

- <https://fitkitchen.ca/>

Fit Kitchen delivers simple & balanced microwaveable or easy to prepare meals every week. Free delivery on orders \$25 or more.

- <https://madefoods.com/pages/delivery>

Made Foods currently delivers within the Calgary city limits and are happy to drop your order off at either your home or place of work. They deliver ingredients to make your own salads, sandwiches, entrees, power bowls and more. Their menu has something for everyone and caters to all dietary needs (vegan, vegetarian, gluten free and dairy aware).

- <https://www.spolumbos.com/>

Italian deli Spolumbo's INGLEWOOD central office is OPEN FOR PICK-UP, TAKE-OUT AND DELIVERIES ONLY with reduced hours of 8AM-4PM Monday to Saturday and closed Sundays. Order right here: <https://caterit.spolumbos.com/CaterItOrder>

Third Party Food Delivery Services:

- <https://www.skipthedishes.com/calgary/restaurants>
- <https://www.doordash.com/food-delivery/calgary-ab-restaurants/>
- <https://www.foodora.ca/city/calgary>
- <https://www.ubereats.com/ca/location/calgary>

Free Food Supports:

- <https://informalberta.ca/public/common/viewSublist.do?cartId=1021259>
- <https://aventa.org/pdfs/freefood.pdf>
- Potential Place daily lunches & weekly hampers – 403 216 9250