

Finding Grocery, Farmers Market, and Food Delivery and Other Resources in Your Community

When you're having a hard time getting to the store, or if you're trying to stay home for health reasons, grocery delivery services can come to the rescue. This article provides some key information including tips and strategies, delivery options, costs, and things to keep in mind.

Getting Started

- **Gather information** - talk to neighbors and friends to see which delivery services they would recommend. What were the costs, and which services were easy to use?
- **Go local** - consider where you live as sometimes local pharmacies and grocery stores have their own delivery options.
- **Check with service providers** - local human services agencies and programs like your [Area Agency on Aging](#) or [Community Services Board](#) might have resources or suggestions that could help.
- **Check familiar places** - reach out to the stores and pharmacies where you already shop to see if they offer delivery services.
- **Give it a try** - once you narrow your options, try a few delivery services to see which options will best meet your needs.
- **Join efforts** - if you live alone, think about pooling your grocery order with a neighbor to reduce the costs.
- **Compare costs for delivery options** - it can be worth your time to check available delivery costs to find one that fits within your budget.
- **Ask for help** - if you are having trouble accessing grocery delivery, a family member or neighbor might be able to help you with your online orders.

Delivery Costs

- Delivery costs will vary but typically are around \$6 to \$10 per delivery.
- Some delivery services require an annual fee or membership.
- To save on fees and costs, many local stores will provide online or phone ordering with curbside pickup.

- Only certain stores allow customers to pay for grocery delivery or pickup with SNAP benefits. Ask your local store about their policy, or [check the USDA's list of retailers that accept SNAP payments online.](#)

Keep in Mind

You can also arrange for your prescription drugs to be delivered from a local pharmacy or through a grocery store pharmacy - and include in your order any over the counter medications you may need.

Delivery Services to Explore

Remember there may be other delivery services in your area. Always check the delivery costs for your area and compare pricing. Here are some of the more widely available grocery delivery services available right now.

- [Instacart](#)
- [Walmart Grocery](#)
- [Shipt](#)
- [Peapod](#)
- [Amazon Fresh](#) or [Amazon Prime Now](#)

How to Get Food Assistance

If you're struggling to afford food and other basic necessities, it's time to ask for help. You can SEARCH [SeniorNavigator.org](#) or [disAbilityNavigator.org](#) for "grocery delivery" or food" in your area to get a list of local resources. Or apply for Supplemental Nutrition Assistance Program (SNAP benefits): [Get more info here.](#)

If you are currently a SNAP recipient, ask if your grocery store will accept SNAP for pickup or delivery services. [Kroger stores nationwide](#) are accepting SNAP EBT card payments for their pickup service to help make shopping more accessible for more customers.

Food Lion and Aldi are now offering grocery delivery for SNAP recipients through [Instacart](#) (as of February 2021).

SNAP benefit recipients can also pay for their groceries online and have them delivered through the Amazon and Walmart online platforms.

Farmers Markets

VFMA guidance is updated regularly and they also have a [listing of Farmers Markets that are open or closed](#) including whether they have online shopping, pick-up, and/or delivery services available. Also, if you receive SNAP benefits, many Farmers Markets are now accepting SNAP.

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