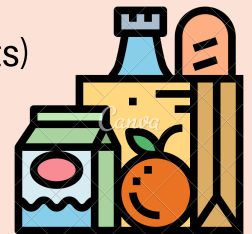


COVID-19 GROCERY DELIVERY SERVICES

In light of the COVID-19 pandemic, many people are looking for alternate ways to get fresh, healthy foods on the table without having to step foot into a grocery store. Although it is possible to stay safe while grocery shopping by making a grocery list to decrease time spent in-store and using food safety practices (links below), grocery delivery services are a convenient option to help you save time and effort.

Grocery Delivery Services Operating During COVID-19

- [Peapod](#) (delivers food from Stop & Shop)
- [Instacart](#) (delivers food from Market Basket, Shaw's, Star Market, Wegmans, H Mart, Eataly)
- [Shipt](#) (delivers food from Roche Bros)
- [Amazon Fresh](#)
- [Whole Foods Market](#) (delivery available via Amazon Prime)
- [Mercato Market](#) (delivers from Greater Boston Area merchants)
- [Thrive Market](#)
- [Walmart Grocery](#)



Note: Please check websites as product availability, hours, and delivery times are subject to change with increased demand during the COVID-19 pandemic.

Grocery Shopping and Food Planning Resources:

[EatRight.org "Getting Groceries During Quarantine"](#)

[ChooseMyPlate.gov "Food Planning During Coronavirus Pandemic"](#)

[EatRight.org "Create a Grocery List"](#)

Food Safety Resources:

[FDA "Food Safety and the Coronavirus"](#)

[Academy of Nutrition and Dietetics Coronavirus Resource Page](#)

[FoodSafety.gov "Keeping Food Safe"](#)

Provided by the NSPG Nutritionists