

## Food and Pharmacy Resources – Maple Ridge/Pitt Meadows

### Pharmacy Prescription Delivery

Many local pharmacies provide delivery service. Please check with the pharmacy in your area for more information. Below is a summary of times for the larger stores. Visit the Seniors Resource Guide for more information: [www.seniors-network.ca](http://www.seniors-network.ca)

#### London Drugs

First hour opening for seniors and people with disabilities: Mon.-Fri. 8-9 a.m.

In desperate need of any essential items or medications [supportseniors@londondrugs.com](mailto:supportseniors@londondrugs.com) for assistance. Call: (604) 463-0991

Delivery service is free. If need to be picked up by a volunteer or staff member of Community Services, please provide name and address of the person filling the prescription.

#### Save-on-Foods Pharmacy

Call: 604.463.3329 (Pharmacy Manager - Enola Lucero)

Delivery service is free – Thursday's is currently the only day for deliveries.

#### Shoppers Drug Mart

MR: Dewdney Trunk (604) 467-5218 8 a.m. – 8 p.m.

MR: Westgate (604) 465-8123 8 a.m. – 10 p.m.

PM: (604) 465-8122 8 a.m. – 8 p.m.

First hour opening is for seniors and people with special needs.

Free prescription delivery service. 20% seniors discount every day. Free delivery.

Now providing online doctor consultations: [www1.shoppersdrugmart.ca/en/home](http://www1.shoppersdrugmart.ca/en/home)

#### Wal-Mart

Open 7 a.m. – 11 p.m.

Call: 778-306-9936

Delivery and pick-up available (online ordering; min. \$50 before taxes + \$9.97 delivery fee.)

They offer (1) delivery per month. Credit card payment is required for the delivery service.

### Grocery Delivery Services

**Bruce's Market for Albion Deliveries:** [orderingbruces@gmail.com](mailto:orderingbruces@gmail.com)

No delivery fee on orders over \$50; Under \$50, \$5 fee

Delivering between 272<sup>nd</sup> and 216<sup>th</sup>. Order by noon, same day delivery.

No detailed website, just email your grocery list (fresh meat, produce, tinned goods, pasta, deli) and if you have questions, ask them. They will respond, send you a detailed receipt. Payment by e-transfer.

**Real Canadian Superstore** (pick-up or delivery)

Seniors Hours: 7-8 a.m. Regular Hours 8 a.m. – 8 p.m.

(604) 460-4319 on-line and pick up only, credit card or pay when pick-up

**Roots Natural Health Foods Store**

22254 Dewdney Trunk Rd. (604) 467-1822

Mon-Thu: 9:30am-6pm, Fri: 9:30am-6:30pm, Sat: 9:30am-5:30pm, Sun: 11am-5pm

\*Call ahead for next day curbside pick up from store.\*

**Save On Foods** (pickup or delivery option may be available)

Valley Fair (604) 463-3312 Westgate (604) 465-8665

Online: [www.saveonfoods.com](http://www.saveonfoods.com)

**Thrifty Foods** (pick-up or delivery)

Sendal Program delivery to home: 1-800-667-8280 (Call in ordering. Payment at the door).

Online [www.thriftyfoods.com](http://www.thriftyfoods.com) Delivery fee is \$7.95. Credit card required.

### Stores offering special hours but no delivery service

#### **Fresh Co.**

8 a.m. – 8 p.m.

First hour open is for seniors and others with special needs.

(604) 460-1553. Instore shopping only.

#### **Meridian Meat & Seafood**

Monday-Friday, 8 a.m. – 9 p.m., Sat/Sun. 8 a.m. – 8 p.m.

Tues.-Thurs. open 7 – 8 a.m. for seniors and people with special needs.

#### **Save On Foods**

Pitt Meadows - 19150 Lougheed Hwy. Open 7-8 a.m. for seniors & vulnerable people, 8 a.m. – 8 p.m.

Maple Ridge (240<sup>th</sup>)- 23981 Dewdney Trunk Rd. Open 7-8 a.m. for seniors, etc., 8 a.m. – 8 p.m.

#### **Shipley's No Frills**

1-866-987-6453 no delivery

Hours: 8 a.m. – 8 p.m. Seniors Hours: Tues/Thurs. 7-8 a.m.

### Food Hampers & Supplies

#### **Friends in Need Food Bank**

(604) 466-3663 ext. 206

Register by phone between 9 a.m. and noon Monday to Friday. Pre-packed bags of food. One paper bag with non-perishables, one plastic bag with perishables and milk, eggs & other items. The Food Bank is waiving the income cut-off and doing temporary registrations which will expire April 30. If needed, these registrations will be renewed for as long as necessary. Cash donations can be made online at: [www.canadahelps.org/en/charities/friends-in-need-food-bank-society/](http://www.canadahelps.org/en/charities/friends-in-need-food-bank-society/)

#### **Salvation Army Ministries – Community Services Offices**

Phone: 604-463-8296 ext. 112, email: [bee.schroeder@saridgemeadows.com](mailto:bee.schroeder@saridgemeadows.com)

The Salvation Army is assisting people in the community with hampers on a case-by-case basis following an appointment. Call or email to connect with this agency.

### Meal Delivery Services

#### **Batch Foods**

778-882-7216 [www.batchfood.com](http://www.batchfood.com)

Fresh and frozen meals delivered to you. Online and telephone ordering available. Delivery fee is \$6 to Pitt Meadows and Most of Maple Ridge (\$10 for longer distances).

#### **Better Meals**

(604) 299-1877 [www.bettermeals.ca](http://www.bettermeals.ca)

Free delivery for all areas with min. \$30 order. Delivery to Ridge Meadows are on Fridays. All orders need to be received before 2 p.m. and at least two business days before your delivery day. Payment can be made by cash to the driver at the time of delivery. For payments by Visa or Mastercard, please call the office prior to your delivery.

#### **Whisk Catering**

(604) 220-9101 [www.bywhisk.ca](http://www.bywhisk.ca)

Delivering hot, family size meals and baked goods. Kitchen and building closed to the public. Door drop delivery service. Please give 48 hours notice on all orders. Min. \$20 order. \$5 delivery charge on any orders under \$50. Payments can be made by e-transfer or credit card over the phone.

**Community Services** (604) 467-6911, email: [info@comservice.bc.ca](mailto:info@comservice.bc.ca)

**Ridge Meadows Seniors Society** – MR: (604) 467-4993; PM: (604) 457-4771; [maria@rmssseniors.org](mailto:maria@rmssseniors.org)

**Seniors Network (Maple Ridge, Pitt Meadows, Katzie)** (604) 786-7404  
[seniorsnetworkmpk@gmail.com](mailto:seniorsnetworkmpk@gmail.com)