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LOCAL GROCERY HOURS TO DATE:

These hours may fluctuate. Best to call ahead. Many offer early opening for seniors. **For delivery or pick-up service, do not expect same day service. (You will need to make an online account.)*

Bruce's Market: (for Albion Deliveries): orderingbruces@gmail.com

Delivery fee: over \$50, no charge; under \$50, \$5 fee;

Delivering between 272nd and 216th

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

Also, email your order and specify curbside pick-up with debit/credit.

Fresh Co.: 604-460-1553

New hours 8am-8pm

First hour open is for seniors special opening

In-store shopping only

Hopcott Meats: info@hopcottmeats.ca

Reg store hours: 9am-6pm

Email ordering now available (address above). They will confirm order and total. Curbside pick-up with payment options as debit & credit. (no beef share or freezer packs available at this time)

Instacart: <https://www.instacart.ca/grocery-delivery/maple-ridge-bc>

Online ordering for: M&M Meats, Real Canadian Superstore, Shoppers Drug Mart, Staples, Walmart

Create an online account using email or Facebook. Choose a store and shop. Others collect and deliver. Seemingly same day delivery (site shows delivery date fluctuations). NOTE: Each food item costs more than if you were to go in-store but the quick delivery might be well worth it. (service fee \$2.00 and driver tip \$2.00 added to each order)

Langley Farm Market: 8:30am-8:00pm

- **MR Lougheed** 604.466.0281

- **MR 207** 604.465.5330

- **PM Harris** 604.460.7122

London Drugs: Mon-Fri 8am-7pm (first hour seniors shopping); Sat 9am-7pm; Sun 10am-6pm

In desperate need of any essential items or medications 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.

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M&M Meats: <https://www.mmfoodmarket.com/en/grocery-stores/maple-ridge/272>

Mon-Fri 9am-8pm; Sat 9am-7pm; Sun 10am-6pm

- During Covid-19, 10% Seniors Discount available everyday (usually Tuesdays)
- Online ordering: “click and collect”; pick up and pay at store (nice for those who don’t want to give credit card info online)

Meridian Farm Market Maple Ridge

First hour **Mon-Fri** open is for seniors special opening

Everyday 8am-8pm

No Frills Maple Ridge: 866-987-6453

New hours 8am – 8pm

Tuesday and Thursday 7am – 8am for seniors special opening

In-store shopping only

Real Canadian Superstore: Pitt Meadows (604) 460-4319; check Facebook

New Hours 8am – 8pm

7am – 8am for seniors special opening

*Offering delivery (using Instacart) – min order \$10 (under \$35: plus 5% service fee; delivery fee is \$7.99-\$9.99) (over \$35: plus 5% service fee; delivery fee is \$3.99-\$5.99)

*Pick up (minimum \$30 order; use credit card for online orders; pick up orders can also use cash, debit, gift cards; for pick up, fees are between \$3-\$5; pick up dates are approx 10-12 days out)

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

***email ordering available:** rootsnatural2@hotmail.com Include your phone number for order completion/confirmation for next day pick up. Payment by credit (over phone) or debit (in-store).

*Phone ordering available: (604) 467-1822 (Call ahead for next day curbside store pick up)

Save-On Foods:

Store hours are 8am-8pm; one store offers delivery; two offer pick up; min \$40 order; 2+ weeks

- **MR: Valley Fair** – online order for pick-up
- **MR: Westgate** - online order for pick-up and delivery
- **MR: 240th** – in-store shopping only
- **PM: Meadow Vale** – in-store shopping only

Shoppers Drug Mart:

- **MR: Dewdney Tr.** (604) 467-5218 8am-8pm
- **MR: Westgate** (604) 465-8123 8am-10pm
- **PM:** (604) 465-8122 8am-8pm

Now providing virtual care access Consult with a doctor online; check Facebook

First hour open is for seniors special opening and offers 20% seniors discount;

FREE delivery

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Thrifty Foods Maple Ridge

Everyday 8am-8pm

7am – 8am for seniors special opening

Online ordering: *Delivery Mon – Sun 10 am – 8pm (delivery fee is \$7.95)

*Pick up Mon – Sun 10 am – 8pm (uncertain of additional fees)

No phone in orders

Walmart

Everyday 8am-8pm

*Delivery & Pick up available (online ordering; minimum \$50 order before taxes + \$9.97 delivery fee)

Remember to support your local bakery, deli, green grocer, corner store. They may have what you need, and they certainly could use your business.