



## Food Shopping Guide for Older Adults

Shopping for older adults can be challenging at the moment, with the need to self isolate. We have identified how some of the larger stores can help **for those aged 70 or older**, but do check the local opening times and policies in your area. Local independent stores may also offer delivery services.

**Asda** - No shopping hours reserved for older adults. Asda have launched a volunteer shopping card, that can be ordered online and emailed to those doing the shopping

**Iceland** - Shopping hours, the first hour Mon-Sat (Sundays in some stores).

**Sainsbury's** - Shopping hours, Mon, Wed, Fri - 8am-9am. Registered older customers have priority delivery slots. Sainsbury's offer telephone shopping services 0800 328 1700 but lines are very busy.

**Waitrose** - Shopping hours, first hour of each day. 25% of delivery slots are being put aside for older adults and they are in the process of contacting them.

**Lidl & Aldi** - No shopping hours reserved for older adults.

**Co-op** - Shopping hours, Mon -Sat, 8am- 9am. Sun - 10am to 11am. Deliveries available in some areas of - London, Bristol, Brighton, Manchester, Southampton and Bournemouth.

**Marks & Spencer** - Shopping hours, first hour Mon & Thurs. Deliveroo is providing delivery from some stores.

**Morrisons** - No shopping hours reserved for older adults but extra in-store assistance. Morrisons have introduced a food box for £35, containing some household basics (meat and vegetarian options). There is a shorter delivery time for these boxes.

**Tesco** - Shopping hours Mon, Wed, Fri - 9am-10am.