



Local Restaurant and Grocery Delivery Services

LOCAL RESTAURANT DELIVERY — Sometimes the best solution for dinner is to simply order in from a local restaurant. There are now many well-run delivery services that will bring your order to your home within 30-45 minutes. The delivery charges can be quite reasonable, varying between \$2 and up to \$8 — and that may or may not include a tip. The services listed below don't require a smart phone, although you do need a computer or tablet. A new development is that these services frequently offer discounts and special deals.



Door Dash — doordash.com



UberEats — ubereats.com



Postmates — postmates.com



Grub Hub — grubhub.com

SEARCH TIP: type in "local meal delivery service" or "meal delivery service" or "national meal delivery service"

GROCERY DELIVERY — When it's not convenient to go to the supermarket yourself, there are *many* options available to get groceries delivered right to your door. Below is a list of some of the big companies that deliver. And check on the delivery your local grocery store probably offers.



855-222-4919 This unique service is a call-in number for seniors who need to order groceries, a meal, or a ride. It's a phone-only option — no need for computer or smart phone.



Shipt — [shipt.com](https://www.shipt.com)



Instacart — [instacart.com](https://www.instacart.com)



Peapod — [peapod.com](https://www.peapod.com)



Amazon Fresh — [amazon.com/storefront](https://www.amazon.com/storefront)



Target Delivery (uses Shipt) — [target.com/same-day-delivery](https://www.target.com/same-day-delivery)

SEARCH TIP: type in "local grocery store delivery" or "local fresh produce delivery" or under the names of nearby supermarkets