

Food and Pharmacy Resources – Maple Ridge/Pitt Meadows

BC 211 - The B.C. government has expanded its helpline to match seniors in need with volunteers willing to help during the COVID-19 pandemic. Seniors are encouraged to stay home and call 211 for assistance.

Pharmacy Prescription Delivery

BC Pharmacists are authorized to issue prescription renewals and emergency refills upon request. Call your pharmacist to renew. Many pharmacies provide delivery service. Please check with your regular pharmacy for more info. Visit the **Seniors Resource Guide** online at: www.seniors-network.ca

Better at Home

Call: (604) 467-6911, ext. 1232 or email: ileginus@comservice.bc.ca

Community Services staff and volunteers are available to assist seniors with grocery shopping and delivery and prescription renewal and delivery.

London Drugs

Call: (604) 463-0991 First hour opening for seniors and people with disabilities: Mon.-Fri. 8-9 a.m.

In desperate need of any essential items or medications email: supportseniors@londondrugs.com for assistance. Free delivery.

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

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

Grocery Delivery Services

Bruce's Market for Albion Deliveries

No delivery fee on orders over \$50; Under \$50, \$5 fee. Email: orderingbruces@gmail.com

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.

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

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 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.

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 (240th)- 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.

Salvation Army Ministries – Community Services Offices

Phone: 604-463-8296 ext. 112, email: 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

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

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. Can pay by cash to the driver at the time of delivery. For payments by Visa or Mastercard, please call the office prior to your delivery.

Meals on Wheels

(604) 467-6911, ext. 1218. Email: ccavalaris@comservice.bc.ca

Community Services - Delivery of hot, nutritious meals to seniors who due to health or disability are not able to prepare meals. Delivered Mon-Fri., between 11:30 and 1 p.m.

Whisk Catering

(604) 220-9101 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.

Maple Ridge Pitt Meadows Community Services (604) 467-6911, email: info@comservice.bc.ca

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

Seniors Network (Maple Ridge, Pitt Meadows, Katzie) (604) 786-7404 seniorsnetworkmpk@gmail.com