

ACCESSING FOOD DURING COVID-19

Whether you are struggling to get out of your home to get groceries, or are having challenges in affording food, below are some London-based resources that may be helpful. If you are not from the London area, we encourage you to go to www.thehealthline.ca for resources in your community.

	LOCATION	CONTACT INFORMATION
FOOD BANKS & MEAL PROGRAMS	London & Area Food Bank * satellite locations throughout the city. - You can either access the Leathorne (main site) food bank OR one of the satellite locations, which are associated with your postal code	519-659-4045 926 Leathorne St.
	Men's Mission	519-672-8500 459 York St.
	Salvation Army Centre of Hope	519-661-0343 281 Wellington
	* please go to the following website for comprehensive listing of food banks and meal programs: http://www.informationlondon.ca/31/M Meal_Calendar_Food_Bank_List/	
GROCERY DELIVERY SERVICES	Loblaws - Minimum order of \$10 - 5 % service fee and \$ 4-10 delivery fee	www.loblaws.ca/delivery
	Walmart -Free for orders more than \$50 -\$5-10 fee for orders less than \$50	www.walmart.ca/en/grocery
	Metro	www.metro.ca/en/online-grocery

	Food Fund -Customizable organic produce boxes -Uses rescued and 'ugly' produce -Weekly delivery (can opt out at no cost as often as needed) -Also available in areas surrounding London -\$10-40 per box	www.foodfund.ca
	Shoppers Drug Mart -In-store items delivered along with prescription medication	Call your home pharmacy for details
	Grocerocity - charges \$25.00 flat rate for first \$100.00 Charges 25% of grocery bill	www.grocerocity.com 519-701-1681
	London Volunteer Task Force - student volunteer-run task force to help Provide no-contact drop-off grocery service	www.londonvtf.ca
	On the Move Organics - organic grocery store delivery service	www.onthemoveorganics.ca 519-266-2667
MEAL KIT SERVICES	HelloFresh™ -2 or 4 servings meals -3 or 4 meals per week -\$60-160 per week	www.hellofresh.ca
	Chef's Plate™ -2 or 4 serving meals -2 to 4 meals per week -\$50-160 per week	www.chefsplate.com
	HelloFresh™ 2 or 4 servings meals -3 or 4 meals per week -\$60-160 per week	www.hellofresh.ca
	GoodFood™ -2 or 4 serving meals -2 to 4 meals per week -\$50-150 per week	www.makegoodfood.ca

FROZEN FOOD DELIVERY		
	<p>Meals On Wheels</p> <ul style="list-style-type: none"> - Adults with disabilities and adults older than 55 years -Financial assistance may be available 	<p>www.mealsonwheelslondon.ca</p> <p>519-660-1430</p>
	<p>Heart to Home</p> <ul style="list-style-type: none"> - Geared to seniors -Special diet options -Less than \$10 per entrée 	<p>www.hearttohome.ca</p> <p>1-800-786-6113</p>

*** Due to the COVID-19 pandemic, pressures on grocery delivery services are extremely high. We encourage you to plan your grocery needs and place your orders in advance to ensure you will receive your food in a timely manner.**

If you have family or friends who may be able to bring food to you, this is a great way to make sure you have the essentials to get you through!