

Food & Shopping



[AskUmbrella](#) Delivery Service
Helping adults 60+ get the essentials they need



[AZ Restaurants TAKEOUT Weeks](#)
from Arizona Restaurant Week



[Panera Bread](#) delivers

[Fox Restaurants](#) -
35% off all orders
Use code FRC35 @
Checkout



[NPR Food Section](#)



[15 Pantry Recipes](#) for Emergency
Preparedness

REALSIMPLE

From [Real Simple](#): Kitchen
Staples and 25 Recipes

Grocery Store Delivery
[Bashas'](#) ♦ [Fry's](#) ♦ [Safeway](#)



[OpenTable](#) – Discover restaurants
open for delivery and takeout near
you.

bon appétit

[Cooking in the Time of
Coronavirus](#)

Pantry-friendly recipes,
indispensable advice, thoughtful
essays, and more for when you've
got nowhere to be but home



[Is Take-out Food Safe?](#)

[Ingredients and Substitutions Guide](#)

Food & Shopping continues ↓

Food & Shopping, Continued

AZ Grocery Stores – Hours for Seniors from [AZ Jewish Life](#)

The CDC still recommends that older shoppers and other vulnerable groups stay home if they can, and grocery delivery and curbside pick-up remain safer options.

If you have no other choice but to go out and shop, here are a few things you'll want to remember:

- Wear a mask and bring hand sanitizer and a small baggie of disinfecting wipes
- When you're cashing out, use a debit or credit card. That way you don't have to hand over bills or receive change
- Wash plastic or metal containers with soap and water
- If the item is cardboard, wash your hands after you've picked it up or put it away at home
- Clean off the counters that you put your groceries on

Albertsons/Safeways: Tuesday and Thursday from 7 to 9 a.m.

Bashas/Food City/ AJ's: Wednesday from 5 to 6 a.m.

Kroger/Fry's: Daily from 6 to 7 a.m.

Walmart: Tuesday from 6 to 7 a.m.

Whole Foods: Daily from 7 to 8 a.m.

Target: Wednesday from 8 to 9 a.m.

Trader Joe's: Daily from 9 to 10 a.m.

Natural Grocers: Sunday from 9 to 10 a.m.

Costco: Tuesday and Thursday from 8 to 9 a.m.

Big Lots: Daily from 9 to 10 a.m.

Dollar General: Daily from 7 to 8 a.m.

delish

HOST A VIRTUAL DINNER PARTY

It's 2020: "Social" doesn't have to mean "sitting next to you."

"If you've hung out with us before, you know that Delish is built on the idea that food is a means of connection. But recent directives to practice social distancing have made upholding that a little, well, difficult—but not impossible. "

[Click HERE](#) to learn how you can connect with one another, decorate, try new recipes, and fun party games you can play online to host your own virtual dinner party!