

# 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!