

# TALLAHASSEE SENIOR SERVICES

## CORONAVIRUS (COVID-19) FOOD RESOURCES FOR SENIORS

### Food Resources

<b><u>Second Harvest of the Big Bend</u></b>	<a href="http://fightinghunger.org">fightinghunger.org</a>	<b>850-562-3033</b>
<ul style="list-style-type: none"> <li>• <i>Use this resource to locate emergency food services closest to you</i> for nutritional assistance. Visit website for various food bank locations.</li> <li>• <b>Currently partnering with the United Way and Door Dash to provide a 19 lb. box of dry goods delivered each month for eligible seniors. Click <a href="#">here</a> to check your eligibility.</b></li> </ul>		
<b><u>Elder Care Services</u></b> 2518 W Tennessee St.	<a href="http://ecsbigbend.org">ecsbigbend.org</a>	<b>850-921-5554</b>
<ul style="list-style-type: none"> <li>• Call and inquire about picking up items like non-perishable food from this emergency food pantry.</li> </ul>		
<b><u>Leon Fruit and Nut Exchange</u></b>	<a href="http://leonfruitandnutexchange.org">leonfruitandnutexchange.org</a>	<b>850-766-3217</b>
<ul style="list-style-type: none"> <li>• This source is free to everyone and will deliver – contact them for ways to get fresh fruit and nuts.</li> </ul>		

USDA Pandemic Food Planning information, available in both [English](#) and [Spanish](#).

### Restaurant Delivery Options

Following is a list of companies that deliver food from different restaurants to your specified location (work, home, etc.). You can either download the mobile app or go to their website online (phone calls are not an option; all services are online only). Payment, including tip and small service fee, is all done online **so there is NO MONEY OR PAYMENT EXCHANGE of any kind between you and the person delivering the food!** Different companies service different restaurants.

To utilize, either go to the website noted or download the app from your app store.

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• <b>BiteSquad</b>                    <a href="http://bitesquad.com">bitesquad.com</a></li> <li>• <b>DoorDash</b>                    <a href="http://doordash.com">doordash.com</a></li> </ul> | <ul style="list-style-type: none"> <li>• <b>Postmates</b>                    <a href="http://postmates.com">postmates.com</a></li> <li>• <b>Grubhub</b>                    <a href="http://grubhub.com">grubhub.com</a></li> </ul> |
|---|--|

### Grocery Store Curb Side Pickup and/or Delivery Options

The following grocery stores offer curbside pickup and/or delivery options.

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Publix:                    <a href="http://publix.com/shop-online">publix.com/shop-online</a></li> <li>• Winn Dixie:                    <a href="http://winndixie.com/shoponline">winndixie.com/shoponline</a></li> </ul> | <ul style="list-style-type: none"> <li>• Walmart:                    <a href="http://walmart.com/grocery">walmart.com/grocery</a></li> <li>• Schwan's:                    <a href="http://schwans.com">schwans.com</a></li> </ul> |
|--|---|

*Note: Many chains now offer delivery and/or curbside pickup services; check with your favorite store!*

<b><u>Shipt</u></b>	<a href="http://shipt.com">shipt.com</a>
<ul style="list-style-type: none"> <li>• Shipt offers grocery shopping services as well as other shopping services from many major retailers. Delivery is usually within an hour. There is an annual membership fee for this service.</li> <li>• Tutorials on how to use the Shipt service are available <a href="#">here</a>, <a href="#">here</a> and <a href="#">here</a>.</li> </ul>	
<b><u>Instacart</u></b>	<a href="http://instacart.com">instacart.com</a>
<ul style="list-style-type: none"> <li>• Instacart also offers grocery and other shopping services from major retailers. Items can be delivered to your home for an annual fee, or <b>curbside pickup</b> can be used at no extra charge or annual fee.</li> <li>• Instacart tutorial can be found <a href="#">here</a> and <a href="#">here</a>.</li> </ul>	

## Senior Shopping

Many stores are offering specified shopping hours for seniors. The list is constantly changing so it is recommended you Google: COVID-19 Shopping for Seniors to see if there are any updates:

- **Costco:** Tuesday, Wednesday, Thursday, from 8 to 9 a.m.
- **Dollar General:** The first hour of operation is reserved for seniors. Call your local store to find out opening times.
- **Fresh Market:** Anyone 65 and older can shop from 7 to 8 a.m.
- **Harvey's Supermarket:** Monday through Friday from 8 to 9 a.m.
- **Publix:** Anyone 65 and older can shop on Tuesdays and Wednesdays from 7 to 8 a.m.
- **Target:** Stores are reserving an hour on Wednesdays for "vulnerable shoppers." Call your local store to find out exact hours.
- **Trader Joe's:** Select stores will open early for seniors and at-risk customers. Call your local store to find out exact hours.
- **Walgreens:** Every Tuesday, starting Tuesday, March 24, is now Seniors Day with all-day discounts and seniors-only shopping from 8 to 9 a.m.
- **Walmart:** From now through April 28, stores open one hour early on Tuesday for 60 and older to shop.
- **Whole Foods Market:** Stores open one hour early for 60 and older to shop. Call your local store for exact hours.
- **Winn-Dixie:** Monday through Friday from 8 to 9 a.m.

## Coronavirus (COVID-19) Health Information and Advisories

<b>Centers for Disease Control and Prevention (CDC)</b>	<a href="https://www.cdc.gov">CDC.gov</a>	<b>888-232-4636</b>
<ul style="list-style-type: none"><li>• The CDC is the nation's health protections agency. Call or visit this website to learn more about current cases of COVID-19 and prevention methods. <b><i>You can also sign up for email updates.</i></b></li></ul>		
<b>Florida Department of Health in Leon County</b>	<a href="https://leon.floridahealth.gov">Leon.floridahealth.gov</a>	<b>866-779-6121</b>
<ul style="list-style-type: none"><li>• Email: <a href="mailto:COVID-19@flhealth.gov">COVID-19@flhealth.gov</a></li><li>• This is a 24/7 Call Center available to answer questions about COVID-19. Visit this source for a COVID-19 Toolkit for ways to stay educated and precautious.</li></ul>		
<b>National Council on Aging</b>	<a href="https://www.ncoa.org">NCOA.org</a>	
<ul style="list-style-type: none"><li>• Offers an online resource page for older adults, caregivers, and professionals. The resource page <b><i>offers a link about scams and the four most common scams!</i></b></li></ul>		

## Coronavirus (COVID-19) Scams

<b>Office of the Attorney General</b>	<a href="https://myfloridalegal.com">Myfloridalegal.com</a>	<b>850-245-0150</b>
<ul style="list-style-type: none"><li>• The Attorney General is warning Floridians to only use secure sites when looking for COVID-19 information. Refer to this resource or the Federal Trade Commission to avoid scammers.</li></ul>		

## Federal Trade Commission Consumer Information

[ftc.gov/coronavirus/scams-consumer-advice](https://ftc.gov/coronavirus/scams-consumer-advice)

- Tips on scams, how to avoid scams, and what the Federal Trade Commission is doing to address scams.