

# Necessities

Many grocery stores and pharmacies are offering delivery or pickup options and special shopping hours for seniors. Here are some resources to help you find the best option that works for you.

Metro Aging offers links and information about everything from grocery delivery to social support. Click here to go to their site: [Metropolitan Area Agency on Aging](#)



## Delivery & Pickup Resources

Click on  
the store  
to go to  
website

[Walmart Supercenter](#) (Delivery & Pickup)  
[Cub](#) (Delivery & Pickup)  
[Jerry's Foods](#) (Delivery & Pickup)  
[Whole Foods](#) (Delivery)  
[ALDI](#) (Delivery)

[Costco](#) (Delivery)  
[CVS Pharmacy®](#) (Delivery)  
[Sam's Club](#) (Delivery)  
[Hy-Vee](#) (Delivery)  
[Walgreen's](#) (Pharmacy Delivery)



## Venturing Out Safely

Venturing out to run errands?  
Consumer Reports has some tips on staying safe at the grocery store during the Coronavirus outbreak. Visit their website by clicking here: [Consumer Reports Tips](#)



## Special Store Hours

Many grocery stores are offering designated shopping hours for seniors. These times are subject to change.

### Senior shopping hours:

[Aldi](#): 8:30-9:30 a.m. Tuesdays and Thursdays

[Cub](#): 6-7 a.m. daily

[Hy-Vee](#): 7-8 a.m. daily

[Kowalski's](#): 6-8 a.m. daily

[Lunds & Byerly's](#): 7-8 a.m. daily

[Target](#): First hour on Tuesdays, Wednesdays.

Opening time varies by store.

[Trader Joe's](#): 9-10 a.m. daily

[Walgreens](#): 8-9 a.m. Tuesdays

[Walmart](#): 6-7 a.m. on Tuesdays

[Whole Foods Market](#): First hour daily.

Opening times vary per store.