

Meal & Grocery Delivery Services in London & Surrounding Areas

Organization & Contact Information	Area Served	Service	Cost and Delivery Fees
<p>Robert Graham Grocery Delivery Service</p> <p>519-649-6764</p>	<p>London</p>	<p>Shops at a variety of grocery stores to ensure best quality and price</p> <p>Will shop at non-grocery stores at <i>no extra charge</i> such as Canadian Tire, Wal-Mart, M&M, beer/liquor, pet store etc.</p> <p>Will also mail letters</p> <p>Call one day in advance. Leave your name and phone number and your call will be returned</p>	<p><u>Delivery Fee:</u> \$13.00 fee for orders \$25.00 or less</p> <p>28% additional charge for every dollar over \$25.00</p>
<p>Mama Earth Organics</p> <p>416-850-8662</p> <p>www.mamaearth.ca</p>	<p>Only some areas of London</p>	<p>They work directly with local organic farmers and artisans. You choose the produce basket that works for you (e.g. Fruit & veg, baked goods, dairy & eggs, pantry items, some cooked meals.</p> <p>They will deliver to your door</p>	<p>\$5.00 one-time fee</p> <p>Membership fee is charged on your 1st order</p> <p>Weekly or bi-weekly order options \$4.50 for orders under \$75.00 with a minimum of \$25.00 for produce orders</p>

<p>Grocery Guy</p> <p>Hours of operation: Monday-Friday: 9-8pm Saturday: 10-7pm Sunday: Closed</p> <p>519-636-8533 www.groceryguy.ca</p> <p>E-mail: groceryguylondon@gmail.com</p>	<p>London</p>	<p>Call or email grocery list</p> <p>Grocery list can also be picked up (<i>no extra charge</i>)</p> <p>Arrange time of delivery (usually within 24 hours or sometimes same day delivery)</p>	<p><u>Delivery Fees:</u> Under \$100: \$20.00 flat rate Over \$100.00: 20% service charge Additional stops: \$3.00</p> <p>Payment methods: Cash or debit (\$1.50 charge) on delivery</p> <p>E-mail bank transfer Credit Card through PayPal (3% surcharge)</p>
<p>Over 55 London</p> <p>Hours of operation: Monday-Friday: 9-12pm, 1-4pm</p> <p>519-680-1464 www.over55london.ca</p>	<p>London</p>	<p>Referral to registered workers who provide shopping services, general errands, accompaniment to the bank etc.</p>	<p>Client negotiates fee with the worker</p>
<p>Loblaws Masonville</p> <p>740 Richmond St. N. London ON N5X 3S7 519-673-6111</p> <p>www.loblaws.ca</p> <p>Hours of operation: Monday-Sunday: 8am-11pm</p>	<p>London</p>	<p>Shop Loblaws's groceries online. Order is delivered fresh to your door in as little as 1 hour</p>	<p><u>Delivery fee</u> depends on the size of your order & the delivery time you choose. Fee will be displayed during online checkout</p>

<p>Meals on Wheels (London)</p> <p>356 Queens Ave. London ON N6B 1X6 519-660-1430</p> <p>www.meals-on-wheels.ca</p>	<p>London</p>	<p>Delivers fresh meals between 11am-1:30pm, Mon-Fri. Provides chilled meals for weekends and Fridays</p> <p>OR</p> <p>Delivers 7 frozen meals (order on Monday, delivers Thursday)</p> <p>Dietitian approved meals. A variety of diet types are available</p>	<p>Daily fresh meals (per meal):</p> <p>Meal and Dessert \$7.75</p> <p>7 weekly frozen meals:</p> <p>7 entrées: \$39.00</p> <p>7 soups <i>or</i> 7 desserts: \$15.00</p> <p><u>Delivery fees</u> included in meal price</p> <p>Financial assistance is available</p>
<p>On The Move Organics</p> <p>Western Fair Market 1010 Dundas St. E. London ON N5W 3A3 Market Hours of Operation Saturday 8-3pm 519-266-2667</p> <p>www.onthemoveorganics.ca</p> <p>E-mail: info@onthemoveorganics.ca</p>	<p>London and surrounding areas</p>	<p>Delivers locally sourced organic foods from local farmers</p> <p>Some items may not be applicable due to climate (e.g. bananas)</p> <p>Set up account and order online OR you may call and they will set up an account for you</p> <p>Place order between Friday at 4pm and Monday at 12am</p> <p>Order delivered during the week on Wednesday, Thursday (4-9pm), Friday (12pm-9pm)</p> <p>Minimum of 12 items (any type and price)</p>	<p>Weekly 'Standard Local Box': \$30.00</p> <p>Membership Fee: \$5.00</p> <p>Choose your box</p> <p>Personalize your items</p> <p>Delivered to your door</p>

<p>Out' N Back Café & Catering</p> <p>746 Wharnccliffe Rd. S. London ON N6J 2N4 519-668-3360</p> <p>www.outnbackcatering.ca</p> <p>Hours of Operation: Monday-Friday: 9:30-5:30pm Saturday: 9:30-3pm</p>	<p>London and surrounding areas</p>	<p>Wide selection of homemade frozen single entrées, wide dishes, TV dinners, hearty homemade soups, chili and hors d'oeuvres</p> <p>Vegan, vegetarian and gluten-free available</p> <p>If you are a veteran with access to nutrition benefits you can order and they will bill Blue Cross</p>	<p><u>Delivery Fee:</u> \$8.50-\$15.99 depending on the area</p> <p><i>Meat dishes:</i> \$7.49 (small), \$13.99 (large)</p> <p><i>TV dinners:</i> \$8.49-\$9.99</p> <p><i>Pasta & Meatless dishes:</i> \$7.49 (small), \$13.99 (large)</p> <p><i>Soup</i> Senior size (16oz): \$3.79 Large (48oz): \$9.99</p> <p><i>Chili:</i> Senior Size (16oz): 4.99 Large (48oz): \$16.99</p>
<p>Shopping Channy</p> <p>519-494-1220</p> <p>www.shoppingchanny.com</p> <p>E-mail: shoppingchanny@gmail.com</p> <p>Hours of operation: Monday-Friday: 9-6pm Saturday and Sunday: 9-5pm</p>	<p>London</p>	<p>Picks up grocery list from home and delivers grocery items</p> <p>Includes shopping, delivery and putting away groceries</p>	<p>Grocery cost \$50.00 or less: \$15.00 service charge (\$1.50 for additional stores)</p> <p>Grocery cost \$50.00-\$100.00: \$17.50 service charge</p> <p>Grocery cost \$100.00 or more: 20% service charge (Maximum \$30.00 fee, some exceptions apply)</p> <p>Preordered groceries (just pick-up and delivery): \$15.00 service charge</p> <p>Payment methods: Cash, interact e-transfer, credit card, debit card</p>

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<p>VON Senior Support Services West Middlesex-Elgin</p> <p>274 Head St. N. Strathroy</p> <p>Strathroy: 519-245-3170 Dorchester: 519-268-7028 Ailsa Craig: 519-517-4546 Mt. Brydges: 519-245-6279 Newbury: 519-245-6279</p>	<p>Strathroy Dorchester Ailsa Craig Mt. Brydges Newbury</p> <p>Serves <i>most</i> of rural Middlesex County for hot meals <i>all</i> of the county for frozen meals</p>	<p>Volunteers deliver hot or frozen meals to clients Hot meals are from pre-selected monthly menu and frozen meals are individually selected</p> <p>Frozen meals are delivered bi-weekly</p> <p>Hot evening meals are delivered Monday-Friday Hot lunch meals are delivered Monday, Wednesday and Friday</p>	<p>Hot meal: \$7.50 Frozen meals: 1 for \$5.80 or 7 for \$39.00</p> <p>5 soups or desserts: \$9.00 <u>Delivery Fee:</u> included</p>
<p>Supperworks</p> <p>140 Ann St. London ON N6A 1R3 866-946-1926</p> <p>www.supperworks.com</p>	<p>London</p>	<p>Hot meals are portioned for 4-6 individually with the option of splitting the meal in 2</p> <p>Menu changes every month with 14 entrée choices per month</p> <p>Select meals online or instore</p> <p>Choose a date for pickup or delivery</p>	<p><u>Delivery Fee:</u> \$55.00</p> <p>Pick up Fee: \$40.00</p> <p>9 entrée package: \$335.25 equals \$6.21 per serving</p>
<p>Shine At Home</p> <p>Sarnia ON 519-336-9898</p> <p>www.shineathome.com</p>	<p>Sarnia Lambton County London</p>	<p>Nearly 40 dish options including beef, chicken, fish, pork, pasta, soup, breakfast and dessert</p> <p>Order menu selections monthly, bi-weekly or a week ahead</p> <p>Staff can place meals in freezers</p>	<p><u>Delivery Fee:</u> free with orders of \$50.00 or more Free with orders of 7 meals/week</p> <p>\$5.00 fee with orders of fewer than 7 meals a week</p>

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<p>Heart to Home Meals</p> <p>London Sarnia Outlets 1-877-404-4246</p> <p>www.hearttohomemeals.ca</p> <p>Email: londonsarnia@hearttohomemeals.ca</p>	<p>Ontario (local outlets and Purolator)</p>	<p>Heart to Home Meals has over 200 frozen meals, soups and desserts as well as products for special dietary needs.</p> <p>They provide a diverse range to meet the needs of low fat, low calorie, low sodium and texture modified diets designed by their chef and dietitian.</p> <p>All you have to do is select the meals, order online or by phone, and their friendly drivers will deliver them direct to your home.</p>	<p>Delivery is free in selected areas where we have a local outlet or on orders over \$100 where we are partnered with Purolator.</p> <p>\$12.95 delivery for orders under \$100, with a minimum spend of \$60</p>
<p>Hearty & Soul</p> <p>Michelle Adam (519) 630-1001</p> <p>heartyandsoul@gmail.com</p>	<p>London and surrounding areas</p>	<p>Delivery of homemade meals.</p> <p>Staple dry foods & household supplies delivery service.</p> <p>Customized plans may be available.</p>	<p>\$10 per individual meal, no taxes.</p> <p>Delivery in London is free with minimum order of 8 meals.</p> <p>Delivery to surrounding areas – small fee.</p> <p>Staple dry foods & household supplies– ask for an item list.</p>

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Pharmacies with Groceries that Deliver

Pharmacy	Service	Cost
Shoppers Drug Mart (Clarke and Trafalgar) 519-453-2790	Wide selection of food and health care products No delivery of perishable goods (e.g. milk)	<u>Free delivery</u> for purchases over \$30.00
Shoppers Drug Mart (Oxford and Hyde Park) 519-471-7157		\$5.00 <u>delivery charge</u> for purchases under \$30.00
Shoppers Drug Mart (Huron and Highbury) 519-451-7992		<u>Free delivery</u> for prescription delivery
Shoppers Drug Mart (Adelaide and Southdale) 519-681-2331		
Shoppers Drug Mart (Dundas and Saskatoon) 519-453-1555		
Shoppers Drug Mart (Wonderland and Southdale) 519-472-2222		
Shoppers Drug Mart (Adelaide and Huron) 519-432-1809		
Shoppers Drug Mart (Commissioners and Wellington) 519-649-0844		

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