

# Grocery Shopping Online

Avoiding public areas such as grocery stores is one way to stay safe during the COVID-19 pandemic. Here are a few tips to help you start shopping online.

## Benefits of Online Grocery Shopping

- **Safety**
  - Keep away from harmful germs.
  - Avoid parking lot hazards.
- **Convenience**
  - 24-Hour shopping availability.
  - No lifting heavy groceries in and out of your car.
- **Savings**
  - Save time, gas and wear and tear on your car.
  - LOTS of online coupons available.



## The Basics

- Find your favorite grocery store online.
- Look at the options for online shopping or curbside pickup.
- Set up an account - Click on “Set Up Account” (usually found in top right corner).
- You will need an email address and phone number.
- Select a secure password.
- Let’s shop! Select your items and add them to your cart.

### **Check out time!**

- Click on your cart (usually in the top right).
- Double check your total and item choices.
- Select if you would like to pick up your items at the store or be delivered.
- Schedule your delivery time.\*
- Enter your Credit Card Information.
- CONFIRM your order!

**Continued on back**

\* Due to increased demands, delivery times may be limited. Curbside pickup may have more availability.



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[www.fairfaxcounty.gov/neighborhood-community-services](http://www.fairfaxcounty.gov/neighborhood-community-services)



## SHOPPING FAQs

### Q: Do all stores offer online shopping?

**A:** Most do! Check your favorite store for more information.

### Q: How much does it cost?

**A:** Each store is different. Many offer free delivery if you spend a certain amount of money (typically \$30-\$35.)

### Q: Do I need to tip?

**A:** Tipping is not required, but very much appreciated. Many stores have the option to tip online.

### Q: What is curbside pickup?

**A:** Simply make your selections and pay online. Call the store when you arrive in the parking lot and your groceries will be brought out to you.

### Q: Can I order perishables?

**A:** Yes. Most “in-store shopping assistants” take pride in their selections. If you are dissatisfied, call the store. They value their customers.

### Q: What about frozen foods?

**A:** Definitely! Frozen food is packed appropriately in freezer safe bags.

### Q: What about substitutions?

**A:** When placing items in your cart, you can choose if you are willing to accept a substitution. (e.g. would you accept a store brand if they are out of your favorite name brand?)

### Q: Can I use my SNAP/EBT card?

**A:** There is a bit of red tape involved, but many stores are working through it to include this option for their customers. If is not currently available at your favorite store, check back often.

### Q: What do I need to get started?

**A:** An email address and a credit card.

## SAFETY FAQs

### Q: Is it safe?

**A:** Shop only with stores you trust. Use a credit card, not a debit card, and CHECK YOUR STATEMENT. Call the Credit Card Company if you suspect fraud.

*Online shopping sites will NEVER ask for your Social Security Number. DO NOT give your Social Security Number out online. If anyone asks for it—LOG OFF IMMEDIATELY!*

### Q: What about food safety?

**A:** Wipe down your items as you are unpacking them. Wash your hands and counters after handling products.

### Q: Do I need to open my door and risk contact with the delivery person?

**A:** Not at all! The groceries are prepaid so the delivery will be left for you.

*According to CDC, there is no evidence of food, food containers, or food packaging being associated with transmission of COVID-19. However, like other viruses, it is possible that the virus can survive on surfaces or objects. For that reason, it is critical to follow the 4 key steps of food safety — clean, separate, cook and chill.*

## What is Instacart?

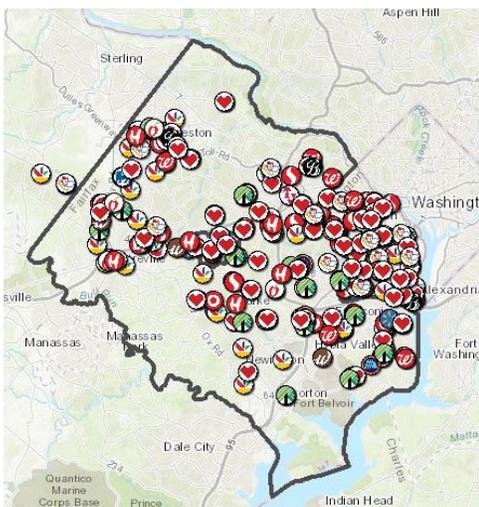
Instacart is an online shopping site with access to many different grocery stores including Costco, CVS and Aldi.

- Simply go to: <https://www.instacart.com>
- Set up an account and choose the store from which you'd like to order.
- For extra help, go to: <https://www.instacart.com/help/>

## Popular Online Grocery Shopping Sites\*

<p><b>Aldi</b> <span style="float: right;">Instacart</span>  <a href="https://www.aldi.us/">https://www.aldi.us/</a>                  Senior Shopping Hours:                  Tuesday and Thursday                  8:30-9:30 a.m.</p>	<p><b>Amazon/Whole Foods</b>  <a href="https://amazon.com">https://amazon.com</a>                  Free delivery with Prime                  Membership</p>	<p><b>Costco</b> <span style="float: right;">Instacart</span>  <a href="https://costco.com">https://costco.com</a>                  -No Costco membership                  required                  -Senior Shopping Hours:                  Tuesday-Thursday, 8-9 a.m.</p>
<p><b>CVS</b> <span style="float: right;">Instacart</span>  <a href="https://www.cvs.com">https://www.cvs.com</a>                  Currently waiving charges for                  home delivery of prescription                  medications and everyday                  essentials</p>	<p><b>Dollar Tree</b>  <a href="https://www.dollartree.com">https://www.dollartree.com</a>                  Ships via UPS</p>	<p><b>Giant Foods</b>  <a href="https://GiantFood.com">https://GiantFood.com</a>                  Peapod Delivery Service</p>
<p><b>Instacart</b>  <a href="https://Instacart.com">https://Instacart.com</a>                  Wide variety of stores to shop</p>	<p><b>Safeway</b>  <a href="https://safeway.com">https://safeway.com</a>                  Safeway Delivery Service</p>	<p><b>Walmart</b>  <a href="https://www.walmart.com">https://www.walmart.com</a>                  Delivery fees vary</p>
<p><b>Wegmans</b> <span style="float: right;">Instacart</span>  <a href="https://wegmans.com">https://wegmans.com</a></p>	<p><b>Harris Teeter</b>  <a href="https://www.harristeeter.com">https://www.harristeeter.com</a>                  -Free delivery                  -Express Lane Online Shopping                  pick up hours: Thursdays,                  9 a.m.-2 p.m.                  -Senior Shopping Hours:                  Monday and Thursday, 6-8 a.m.</p>	<p><b>H-Mart</b>  <a href="https://www.hmart.com">https://www.hmart.com</a>                  -\$5.00 delivery fee.*                  -Ships from New Jersey via                  UPS.                  -Order tracking via UPS.                  *Additional charge for frozen                  foods</p>

\* Fairfax County welcomes the opportunity to provide information, however online information is constantly evolving and we cannot be responsible for accuracy of information. Fairfax County does not endorse any private companies.



### Senior Only Shopping Hours

To locate stores in Fairfax County with shopping hours especially for seniors, use this interactive map:

<https://bit.ly/SeniorStoreHours>