



The Makofsky Minute | April 30, 2020

I'm Out of Bananas: Ugh, the Supermarket Trek Again!



In this time of social distancing, getting your groceries is not always so easy. It may be especially problematic for seniors who are truly homebound. One solution is to directly contact your local grocery stores and delis to see if they are delivering as it may not be an advertised service. For those places that do not deliver, they may be able/willing to leave pre-ordered groceries curbside or even place them in your trunk.

Often, smaller establishments are more accommodating. Some sleuthing of local stores may also turn up a source of groceries that were not available pre-pandemic times. Another possibility is to check with local religious and civic groups to see if they have a grocery program that would work for you or check with a neighbor who is already making a trip. We have done some research and have come up with a few other options you might try along with the contact information. We hope it helps.

Umbrella

<https://www.askumbrella.com>

516-882-4498 (M-F 9am-6pm)

This service coordinates volunteers throughout Long Island to go grocery shopping for others. Although the service is free they ask for a voluntary \$10 contribution to keep the service going. Orders are paid for through the Umbrella organization.

Care.com

<https://www.care.com>

This is a website that connects those who need services and individuals who provide those services such as getting groceries or finding someone to run an errand. Fees for services are charged on an hourly basis. There is no charge to register on the website.

City Meals on Wheels

<https://www.citymeals.org/>

Individuals must meet eligibility criteria for Meals on Wheels. To determine eligibility and start services, visit the website.

Town of Hempstead

Senior Enrichment

Open 10am-2pm

(516) 485-8100

The Town of Hempstead partners with organizations in the area to get meals and groceries to seniors. They can be contacted by telephone and the Town will connect the individual with an organization who can assist.

Town of North Hempstead

Project Independence

Dial 311

Seniors can register for Project Independence and a caseworker will be assigned to them to help with transportation and shopping needs.

Helping Hands for Seniors

Port Washington

Our Lady of Fatima at 516-883-3903

St. Peter of Alcantara at 516-883-0365

Local seniors can call and volunteers are sought to do the grocery shopping.

Instacart

<https://www.instacart.com/>

The website provides multiple stores from which to make your grocery selections and charges a fee for services.

Walmart + Postmates

<https://grocery.walmart.com/>

Groceries can be ordered on the website and the shopping is done by Walmart employees and then delivered by Postmates. The customer pays for the items and a one-time delivery charge.

Amazon Fresh

<https://www.amazon.com>

This service is available to those who have an Amazon prime subscription and provides for grocery deliveries for a fee.

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