

**A List Detailing The Services Available at  
Local Grocery Stores,  
Other Stores  
and  
Pharmacies**

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**Please note:**

- All information provided in this document was obtained between April 5 to April 9, 2020 by checking websites and telephoning the various businesses.
- It is directed towards the Chateauguay Valley area.
- Some items listed might change over time due to the growing concerns in regards to the Covid-19 virus.
- If anyone knows of any information that needs to be added or changes in business practices, please email [karensnair@gmail.com](mailto:karensnair@gmail.com) to enable this list to be updated as necessary.

**Basic information:**

- All stores are closed on Sundays with the exception of pharmacies, gas stations, depanneurs and restaurants (take out only) during the month of April.
- Please listen to the local news for more information in regards to updates in this matter.
- All stores in Kahnawake are closed to none locals. Those breaking this rule could face hefty fines.
- Ile St. Bernard and the Fernand Seguin Ecological Centre in Chateauguay are closed to the public, as are several parks in cities and towns across the region.

**Stores that do not have special Senior shopping times or delivery:**

- **Super C** -No delivery- no Senior hours (At least in Chateaugay.)
- **Dollarama**-
  - No delivery on small items.
  - If you wish to order a case of a specific item, then it is possible to order some items online.
  - Extra shipping costs might apply.

**The following stores have specific times when Seniors can shop:**

- **Maxi**- Weekdays between 7:00 a.m. and 8 a.m. (70 and over)
- **Provigo**- Weekdays between 7 a.m. and 8 a.m.
- **Costco**- Between 8:00 a.m. and 9:00 a.m. Tuesday, Wednesday and Thursday (60 and over- includes individuals with physical disabilities)

**The following stores offer delivery for addition costs or free curbside or free pick up.**

**Please note:**

- Pick up and delivery requires one to create an account and use one's credit card.
- For curbside pick up, one orders their items and then waits to receive an email that notifies them that their order is ready. Due to high demands the notification might arrive within a few hours to a few days so please be patient and plan ahead.
- One can either choose to pick these items one's self or designate someone to do the pick up in their car. This person's contact information must be provided when ordering. Once arrived at the curbside pick up, one calls the number in the designated area. This number might be provided when the notification to pick up items is sent. At the pick up location, one remains inside their car and shows proof of purchase. They turn off the engine and open the trunk. If picking up for another person, the individual must provide proper government identification.
- Once an order is finalized and one forgets to add an item, they must make a new order. For more information, please contact the store's customer service who will guide you in the appropriate steps to follow.

- In addition other fees might apply. When in doubt, please contact one's local store for more information. The stores websites have been provided.

**The list of stores:**

- **Metro—**
  - \$5 for delivery for orders over \$75.
  - Under \$75 extra charges may apply
  - Delivery time usually same day or if busy two days.
  - Website: <https://www.metro.ca/>
- **IGA—**
  - Curbside delivery is available.
  - Delivery is between 8 a.m. to 12 p.m.
  - Free delivery for \$40 and up. Under \$40 not possible.
  - It is recommended that you select the time slot before ordering one's groceries.
  - New time slots are available every Monday.
  - Due to the high demands, delivery might take a few days to receive one's order so please plan accordingly.
  - Website: <https://www.iga.net>
- **Maxi—**
  - Curbside is free if order is made online. No minimal costs.
  - When doing curb side pick up- you must stay only in car and order will be placed in trunk
  - Due to the high volumes of cliental, expect 3 days to a week to receive confirmation. It is recommended that you make the order for the week ahead.
  - No delivery
  - Website: <https://www.maxi.ca/>
- **Walmart—**
  - Pick up at special yellow mark
  - Free for orders over \$25 (before taxes).
  - For orders under \$25, there is an additional \$5 handling fee.
  - No home delivery on groceries but other items yes
  - Over \$50 free shipping, under \$50 extra shipping costs will be applied.
  - Some exceptions might apply.
  - Website: <https://www.walmart.ca/>
- **Costco—**
  - According to its website: please expect a 9-10 day delay
  - Delivery costs might vary
  - Website: <https://www.costco.ca/>

- **Provigo—**
  - Delivery available Tuesdays and Thursday
  - Order online curbside pick up is available even Sundays.
  - Extra charges might apply.
  - For more information please contact local store before ordering.
  - Website: <https://www.provigo.ca/>
  
- **Fresh Distribution—**
  - Located in Kahnawake, they offer mostly fresh fruits and vegetables for great prices
  - They do not have a storefront which requires one to order online
  - Free delivery to Kahnawake, Chateauguay, Mercier and Lery.
  - Order before 7pm for next day delivery except for Saturdays.
  - They do not have delivery service on Sundays.
  - Orders placed, Friday night after 7pm and Saturday, will be delivered on Monday.
  - This service is free with no minimum order, unless you misuse it.
  - Website: <https://fresh-distribution.ca>
  
- **Canadian Tire—**
  - Home delivery starting at \$5.00
  - Free curb side and in store pick up is available
  - Website: <https://www.canadiantire.ca/>
  
- **Bureau en Gros—**
  - According to the website free delivery on printing services.
  - Other items, you can only order online.
  - Additional shipping costs are applicable.
  - Website: <https://www.staples.ca/>
  
- **Giant Tiger—**
  - No grocery delivery
  - No senior hours
  - No curb side pick up
  - Free shipping over \$25 plus \$5 handling fee for non food items
  - Website: <https://www.gianttiger.com/>

**Online only:**

- **Michaels—**
  - No free shipping.
  - Shipping starts at \$12.95 and increases depending on the final costs of the items.
  - Watch for coupons and other promotions to reduce costs
  - Website: <https://canada.michaels.com/>
  
- **Fabricville—**
  - No free shipping. Shipping starts at \$7.95 and increases depending on the final costs of the items.
  - Website: <https://fabricville.com/>

**Delivery for prescriptions is available at the following locations:**

You can call the pharmacy to order a refill and they will deliver it to your door. Payment is by credit card. Some locations, it is possible to refill one's prescriptions online by creating an account and pay with credit card.

\*Please note due to the high volumes of deliveries, it might take a day or two to receive one's order so please plan accordingly.

- **Jean Coutu**- Free delivery for everyone
- **Brunet**- Free delivery for everyone
- **Pharmaprix**- Free delivery for everyone
- **Uniprix**- Online refill and delivery is available