 **Food Access**

The Essex Council on Aging is working closely with the Board of Health, Acord Food Pantry, and Open Door Food Pantry to provide a drive thru grocery pick up, as well as providing delivery of groceries to residents who are high risk during this time. Please call the Essex Council on Aging for more information, or email us at [coa@essexma.org](mailto:coa@essexma.org)

**Adjusted Grocery Store Hours and Senior Hours**:

**Crosby’s Market: 7:00 AM—7:00 PM Henry’s Market: 7:00 AM—7:00 PM**Please note, that the hot soup, salad, and fruit salad station are closed.

**Market Basket: 7:00AM—6:00 PM Shaws: 7:00AM—8:00PM**Senior Shopping Hours: Tu, W, Th 5:30—7AMSenior Shopping Hours: Tu, Th 7AM—9AM

**Stop and Shop: 7:30 AM—8:00PM Whole Foods: 9:00 AM—8:00 PM**Senior Shopping Hours: Daily 6—7:30AMSenior Shopping Hours: Daily 8—9 AM

**Grocery Delivery Services**

*Please note, due to shortages of many items, this information is subject to change quickly! At the time of publication, Peapod states that delivery is limited to Essex.*

**Instacart: www.instacart.com** Sign up online and shop at a variety of stores, including CVS, Shaws, BJs, Costco, Market Basket, Petco. You can choose either delivery or pickup.

**Peapod: www.peapod.com** Peapod is the online shopping and delivery service provided by Stop and Shop. They generally offer both pick up and delivery.

**Henry’s Market: www.henrysfinefoods.com** Henry’s Market will deliver groceries and prepared meals in Essex. To arrange delivery, please call the store directly at 978-922-3885. They are offering a discounted delivery rate for seniors.

**Food Pantry Resources**[**Acord Food Pantry**](http://www.acordfoodpantry.org)  [**Open Door**](http://www.foodpantry.org)69 Railroad Ave, 23 Emerson Ave  
Hamilton Gloucester  
978-468-7424 978-283-6776