

## CLIENT RESOURCES

*\*taken from IHA ABI*

### Grocery Delivery

\* Pre-pay over the phone and/or ask delivery person to leave grocery items at the front door for pick up.

**Independent Foods:** 250-860-1512

**Lakeview Market:** (250)-762-2913

**IGA Rutland:** (250)-762-9234: "Golden Hour" for seniors to grocery shop at any IGA, from 7 A.M. to 8 A.M on Wednesdays and Fridays.

**Urban Harvest Organic Delivery:** (250)-868-2704

**Farm Box Kelowna:** (236)-426-4408

**Hands in Service (under age 65):** (250) 861-5465

**Save On Foods Rutland:** (250) 765-5690

**Save On Food Orchard Plaza:** (250) 860-1444

**Save On Foods Mission:** (250) 860-7787

**Save On Foods North Glenmore:** (250) 712-9581

**Save On Foods West Kelowna:** (250) 768-2944

**Save On Foods Lake Country:** (250) 766-9009