

## Niagara Region Grocery Delivery Services

<u>Store/Address</u>	<u>Phone #</u>	<u>Area Served</u>	<u>Cost</u>	<u>Details</u>
<b>Fonthill</b>				
<b>Sobey's</b> 110 Region. Rd 20 Fonthill	905-892-2570	Fonthill	No charge	No delivery service, but a designated bus runs from Lookout Point to grocery store Wednesdays at 10am.
<b>Fort Erie</b>				
<b>Joe's Valu-Mart</b> 311 Gorham Rd. Ridgeway	905-894-5266	Fort Erie, Crystal Beach, Stevensville, Ridgeway	Delivery for \$5.00	Available Monday-Wednesday Call before noon for same day delivery. *Stevensville and Fort Erie delivery Tuesdays only.
<b>St.Catharines/Thorold</b>				
<b>Shoppers Drug Mart Port Plaza</b>	905-937-3532	St. Catharines	No charge	Open Mon- Sun 8am-12am. Delivery of groceries <u>with</u> prescriptions.
<b>Welland</b>				
<b>Pupo's</b> 195 Maple Ave. Welland	905-735-5615	Welland	\$5 assembly charge plus 10% of total order price	Call store with your grocery list. Delivery hours Wed & Thurs 10am- 2pm.
<b>Delivery Services</b>				
<b>Grocery Pal</b>	905-892-5326 or 905-788-5326	Welland, Pelham, Fonthill	Delivery for \$25 + tax	Orders taken by phone or online at <a href="http://www.grocerypal.ca">www.grocerypal.ca</a> .
<b>The Shopping Heart</b>	905-329-3738	St. Catharines, Thorold, NOTL, Niagara Falls, Welland, Pelham, Beamsville, Grimsby	Cost varies based on location: \$10/\$20 and up plus 10% of total bill	Mon-Sun 7am-9pm Contact Amy Walsh by phone or at: <a href="mailto:amy@theshoppingheart.com">amy@theshoppingheart.com</a> <a href="http://www.theshoppingheart.com">www.theshoppingheart.com</a>
<b>R.C Delivery</b>	905-347-5600	Welland	\$5.50 flat rate	Hours are Sunday-Thursday 9am- 10pm and Friday-Saturday 9am-11pm.
<b>Dial-A-Delivery</b>	905-358-4404	Niagara Falls	\$20 for under \$70 groceries, additional charge for over \$70.	Open Mon-Fri 9:30 am- 3pm. Call between 9:30am and 11am for same day delivery.
<b>Grocery Delivery</b>	905-680-6546	St. Catharines, Thorold, Thorold South, Niagara Falls	\$13.00 flat rate	Call Melanie with orders on Mondays between 10am-12pm. Deliveries are made on Tuesdays and Wednesdays before 3pm.