

**Just returned from outside of Canada?
Shop From Home !!!!!!!!!!!**

Health Canada and Health BC both recommend:

Self-Isolate for 14 days

~ You don't even need to go to the store ~

NewMarket Foods, New Denver

Order Groceries by phone ~ *ask for volunteer delivery*

Place your order before 2 PM for delivery the same day

- can take credit card #s over the phone
- will accept eTransfer at *shop@newmarketfoods.ca*
 - will take cheques if necessary

Phone Ahead ~ 250-358-2270

New Denver Community Pharmacy

Can take orders and Rx refill requests by phone

You must let them know who will pick up your order ~

Make payment arrangements when you phone your order in

250-358-2500 ~ We can help arrange a volunteer!

Rutabaga's Whole Foods

Please make arrangements for a friend

or one of our volunteers to do your shopping for you ~

250-358-7900 ~ We can help arrange a volunteer!

To arrange for a volunteer, phone or text me at 250-551-6173
or Private Message me on facebook ~ *Leah Main*