



## FOOD AND PHARMACY DELIVERY OPTIONS ON THE SEACOAST

### Food Stores & Online Resources:

**Wal-Mart:** 2200 Woodbury Ave, Newington (603)-430-9985

<https://www.walmart.com/store/2398/newington-nh/details>

Offers online grocery shopping for pick up

- Delivery within 8-mile radius of the store
- Pick-up/delivery options may be fully booked – customers should check webpage for details and options
- Store hours: 7am -10pm Pharmacy: 9am-7pm weekdays, 9am-7pm Sat; 10am-6pm Sun, **Pick Up Service 11am-7pm Mon.-Sun.**

**Trader Joe's** 45 Gosling Rd, Newington, NH

- 603-431-2654
- Hours:  
9AM - 9PM (Mon-Sun)  
**8AM - 9AM: Open to our senior customers (age 60 and over)** and customers with disabilities who may need extra assistance

□

**Aldi's:** 2024 Woodbury Ave, Newington, NH

**Store Hours 9am-8pm. Delivery available through Instacart**

**Hannaford:** 800 Islington Street (603) 436-6669

- Store hours: 7am-10pm Mon – Sat; 7am-9pm Sun

**McKinnon's:** 2454 Lafayette Rd (603) 559-5714

- Store hours: 8am-8pm Sun– Wed; 8am-9pm Fri – Sat

## Market Basket

1465 Woodbury Ave (603) 436-0413 & 1500 Lafayette Rd (603) 430-2160

- Store Hours: Mon - Sat 7am -9pm, Sun 7am -7pm
- **Seniors-Only Shopping Hours, 6-7AM for those aged 60+ every day.**

## Portsmouth Health Food Center

151 Congress Street, 603-436-1722

Online grocery/delivery services:

Insta-cart: <https://www.instacart.com/>

- Includes stores such as Target, CVS, Petco and Bj's Wholesale Club
- Online account needs to be created - new customers can get free delivery

PeaPod: <https://www.peapod.com/>

It has a minimum order for delivery of \$60

The delivery fee is scaled based on the order -new customers can get free delivery.

Delivery window availability may be impacted due to high demand.

## **Drug Stores**

**Rite-Aid: 800 Islington Street (603) 436-2214**

- **Offers local delivery of prescription medication – local delivery only**
- **Pharmacy hours: Weekdays 8am-8pm, Sat 9am-6pm, Sun 9am-5pm**

**CVS: 674 Islington Street (603) 431-0234**

- **Offers mail service delivery -- patient must set up online account to be eligible for this service**

**Rite-Aid: 1303 Woodbury Ave (603) 431-1580 &**

**Rite-Aid: 1390 Lafayette Rd (603) 430-7595**

- **Pharmacy hours: Weekdays 8am-8pm, Sat 9am-6pm, Sun 9am-5pm**