



Let us pick-up & deliver your groceries

Seniors – concerned about going out during the lockdown?

Free pick-up & delivery of groceries, medicines, library books & other essentials. We will also help you order online or by email.

This program is designed to help seniors 60+ stay safe at home.

Stay well, stay safe, stay home!

**For information & to request this free service
call 613-476-7493 & leave a detailed message.**