**Partial list of stores with hours for Elderly/At-risk Shoppers & Delivery Services**

* **Central Market:** Senior shopper hours, Monday, Wednesday and Friday, 7-9 a.m.
* **Costco:** Senior and at-risk shoppers will have a reserved shopping hour from 8-9 a.m. on Tuesdays and Thursdays. Grocery Delivery available online @ [www.costco.com](http://www.costco.com)
* **Fred Meyer:** Senior and at-risk shoppers will have a reserved shopping hours on Monday - Thursday from 7-8 a.m. Grocery Delivery & Pick-Up available online @ [www.fredmeyer.com](http://www.fredmeyer.com)
* **PCC Community Markets**: Senior and at-risk shoppers will have a reserved shopping hour from 7-8 a.m. every day. Grocery Delivery available online @ [www.delivery.pccmarkets.com](http://www.delivery.pccmarkets.com/)
* **QFC:** Senior and at-risk shoppers will have a reserved shopping hours on Monday - Thursday from 7-8 a.m. Grocery Pick-Up available online @ [www.qfc.com](http://www.qfc.com)
* **Rite Aid:** Monday from 8-10 a.m.
* **Safeway/Albertsons:** At-risk shoppers (seniors, pregnant women, people who have compromised immune systems). Tuesday and Thursday from 6-9 a.m. Delivery & Pick-Up available online @ [www.safeway.com](http://www.safeway.com) / [www.albertsons.com](http://www.albertsons.com)
* **Sprouts Farmers Market:** Delivery available online @ [www.shop.sprouts.com](http://www.shop.sprouts.com)
* **Target:**Senior shoppers and those with compromised immune systems will have a reserved shopping hours every day from 6-7 a.m. Delivery & Pick-Up available online @ [www.target.com](http://www.target.com)
* **Walgreens:** Tuesday from 8-9 a.m.
* **Walmart:** Tuesday from 6-7 a.m. Delivery & Pick-Up available online @ [www.grocery.walmart.com](http://www.grocery.walmart.com)
* **Whole Foods:** Senior Shopper hours every day from 8-9 a.m. Delivery & Pick-Up available online @ [www.wholefoods.com](http://www.wholefoods.com)

**Partial list of stores that have reduced hours:**

* **Central Market:**  7 a.m. to 9 p.m.
* **Fred Meyer:** 7 a.m. to 10 p.m.
* **PCC Community Markets:** 8 a.m. to 10 p.m.
* **QFC:** 8 a.m. to 8 p.m.
* **Safeway/Albertsons:** 6 a.m. to 10 p.m.
* **Sprouts Farmers Market:** 7 a.m. to 8 p.m.
* **Whole Foods:** 9 a.m. to 8 p.m.

And while we’re here, you might find this Time magazine piece on how to safely shop for groceries useful: [https://time.com/5810782/grocery-store-safety-coronavirus/](https://time.com/5810782/grocery-store-safety-coronavirus/?fbclid=IwAR3LsZ6JfK601hOPmevUIiOdkdg0uUFMbntRtLNZdhPXE53KjsSCSdGVMt0)