



Buying groceries from home.

There are now lots of options for getting food delivered to your door. The information in this fact sheet might help you consider what could work best for you. If you have access to social support through your aged care funding, they may be able to help you order online or shop for food. Otherwise, try asking a family member or neighbour if you're unsure.

Delivery or collection from a major supermarket

- You can order online from major supermarkets and pay for groceries securely online.
- They deliver to most of the state. You may need to pay a delivery fee.
- You can also place an order online to pick up. This usually doesn't involve any extra fees. Your items will be packed for you and a staff member will help to put them in your car.
- Older people and people with disabilities can apply for priority assistance. This can help to get your deliveries sooner.
- Most supermarket websites have the option to save a shopping list. This means that items you buy regularly will be easy to add to your purchases in the future.

Delivery or collection from an independent grocer

- Your local independent shop or grocer may have their own arrangements for delivery or collection.
- The best way to find out what your local shop offers is to call and ask.
- Always be careful when paying for orders over the phone. Pay in person whenever possible.

Meal kit delivery

- There are some businesses that deliver meal kits to Tasmania. Meal kits include a recipe and the right amount of each ingredient that you will need to prepare the meal.
- These can be cost effective as there is no waste.
- You can choose how many meals you would like to be sent a week from a list of recipes.
- You will need to prepare the meals. Recipes are usually easy to follow.
- These services may offer a discount on your first box of food so that you can decide if you like it.



- If you are going to subscribe to a meal kit service, check first if you can cancel anytime or if you are locked in for a minimum time.

Delivered meals

- There are services in Tasmania that deliver prepared meals.
- These are ready to eat and usually only need to be heated.
- If you have funding under the Commonwealth Home Support Programme, you may be able to get help to pay for these meals.

Healthy Ageing Tasmania

 health.tas.gov.au/healthyageing

 community.nutrition@health.tas.gov.au

Funded by the Australian Government Department of Health.

Visit the Department of Health website (www.health.gov.au) for more information.

