

Grocery stores have made it a little easier for senior citizens to go grocery shopping during the coronavirus outbreak. Due to people stocking up before self-isolation, as well as people panic buying and emptying the stores of toilet paper, medicine, and pasta, it has been difficult for senior citizens—who are one of the at-risk groups—to get what they need.

We have compiled a list of stores that may be able to assist you. This may change from day to day, so I suggest that you call your local market for confirmation.

**Dollar General** is dedicating the first hour of each operating day to senior customers, check with your local store for its opening hours. Dollar General will also close stores an hour early each day to allow staff to clean the store and restock the shelves. Dollar General has more than 16,000 stores across 44 states and opening hours vary by location.

### **Local stores opening early for senior citizens:**

**Arizona.** — Grocery stores are holding special morning hours for seniors to shop.

**Bashas', AJs and Food City all opened at 5 a.m. on Wednesday** to allow people aged 65 and older to go shopping. This is the first time the grocery chains ever did this. During the hours, limitations still apply on specific items.

All shoppers must have photo I.D. to prove their age. If a caretaker is required, only one is allowed per person.

**Safeway and Albertsons** will start senior hours Tuesdays and Thursdays from 7 a.m. to 9 a.m.

**Bashas'** will host this every Wednesday till further notice.

**California.** — **Vallarta Supermarkets** announces new store hours exclusively for seniors, ages 65 and older, pregnant women and those with disabilities effective Wednesday 7 to 8 a.m. before opening to the rest of the public at 8 a.m. The temporary new hours will be implemented across all its 50 locations in California.

**Albertsons, Vons and Safeway:** Locations will reserve two hours -- 7 a.m. to 9 a.m. -- for senior shoppers on Tuesdays and Thursdays. Check with your local store for conformation.

**Baron's Market:** Seniors 65 and older and people with disabilities will have the store to themselves from 9 to 9:30 a.m.

**Dollar General:** The first hour of operation is dedicated to senior customers.

**Erewhon Market:** Erewhon will open early from 6 a.m. to 7 a.m. for the elderly and immune compromised.

**Gelson's:** Seniors can shop from 7 a.m. to 8 a.m. at Gelson's locations.

**Grocery Outlet:** In a Facebook post, the Altadena said that starting Thursday, March 19, only shoppers older than 60 will be allowed to shop in the store from 7 a.m. to 8 a.m. The owners are asking any senior citizen that cannot into the store due to illness to contact them and they will arrange a way to get their groceries to them. **This offer does not apply to all Grocery Outlet locations, just the Altadena location. The Altadena branch of the Grocery Outlet is located at 2270 Lake Ave, Altadena, CA 91001. Southern California**

The **Northgate Gonzales Market** will open its 41 Southern California stores an hour early for senior citizens. Senior citizens will be able to shop between 7 a.m. and 8 a.m. and the stores will then be open to the public from 8 a.m. until 8 p.m.

**Smart & Final-** Early Access 7:30-8:00 to accommodate seniors over 65 years of age, customers with disabilities and expecting mothers.

**Stater Brothers** said it will open all 169 of its stores at 7:45 a.m. for people who are 65 and over. But that only gives seniors 15 minutes before everyone else comes in.

**Target** – Check with your local Target for further information.

**Idaho- Smith Food & Drug.** Open from 7am-8am on Mon, Wed, and Friday. They are waving the fee for pick-up orders for those that are 60 and older.

**Albertson's** – Seniors may shop on Tuesdays and Thursdays 7am-9am. Contact them for additional information about the hours.

**Whole Foods** – Open one hour before store opening for Seniors.

**Ridley Family Market-** March 25<sup>th</sup> 6am-7am. Call the store to see if this will be continued

**Target** – First hour of shopping each Wednesday for seniors or those with underlying health concerns.

**Florida- Dollar General - 6am-7:30 am** for those that are over the age of 60.

**New York, New Jersey, and New England- Stop and Shop,** From March 19, Stop and Shop's 400 locations across New York, New Jersey, and New England will be open from 6 a.m. until 7.30 a.m. exclusively for customers over the age of 60.

**Houston, Texas-** Food Town is opening the doors for older shoppers from 7 a.m. to 8 a.m. at its around [30 locations in Houston](#). The early opening is reserved for shoppers aged 65 and over and the store will require a state-issued ID or a Texas driver's license.

**Jersey City, New Jersey:** Jersey City announced that it will work with local grocery stores to set aside exclusive hours for "elderly residents, people with disabilities and pregnant residents" between 9 a.m. and 11 a.m. from March 17.

**Lorain, Ohio: The Apples Grocery Store** on Meister Lane will open at 6 a.m. on Tuesday, Wednesday, and Thursday for senior citizens.

**Flinger's Market** will open at 6 a.m. for senior citizens and the **Walmart** will open at 5 a.m. for seniors on March 17.

**Oregon and Utah:** Check your local stores

**Washington: Safeway/Albertsons:** At-risk shoppers (seniors, pregnant women, people who have compromised immune systems). Tuesdays and Thursdays from 7-9 a.m.

**Target:** Senior shoppers and those with compromised immune systems. The first hour of each day. [Check Target's website](#) for specific opening hours at locations throughout the Greater Seattle area

. **Uwajimaya:** Senior Shopper hours daily, 8-9 a.m.

**Whole Foods:** Senior Shopper hours. One hour before the store opens to the public. [Check Whole Foods' website](#) for specific opening hours at locations throughout the Greater Seattle area.

**Target:** Stores around the nation are now [reserving the first hour of shopping each Wednesday](#) for "vulnerable guests," including seniors and those with health concerns. All stores will also close at 9 p.m. so employees have ample time to clean and restock.

**Whole Foods:** Customers who are 60 and older can now shop starting one hour before stores open to the public. Plus, stores will close two hours earlier than usual so team members can prepare for the next day. You can [visit Whole Foods's store locator page](#) to find out your local outpost's updated hours.

**Fresh Market:** The grocer is [offering reserved shopping hours](#) for "seniors and those most at risk: from 8-9 a.m. from Monday through Friday.

**Stop & Shop:** Starting March 19, shoppers who are 60 or older or have a "weakened immune system" can [arrive early to shop in peace](#) between 6 and 7:30 a.m. every day. Stores will also be closing at 8 p.m. to give employees time to stock the shelves for the next day.

**Dollar General:** The store is now ["strongly encouraging" that the first hour every day](#) is dedicated to senior citizens, and stores will be closing one hour earlier than usual.

**Fareway Meat & Grocery:** From 8 to 9 a.m. Monday through Saturday, shoppers 65 and older, expectant mothers, and anyone with "increased susceptibility to serious illness" is able to [shop before stores open to the public](#).

Feel free to reach out to us if you need anything.

Your LAFRA Family Support Group (323)259-5277