

Food Shopping and Deliveries

The big supermarket chain stores such as **Asda**, **Sainsburys**, **Tesco** and **Waitrose** have well established internet shopping sites, with many thousands of items available online for delivery to your door, usually within a 2 or 3 hour time slot on a specific day of the week, both chosen by yourself.

At the time of writing:

- **Asda** have a minimum order value of £25, and their delivery charge varies from £3.75 to £4.75, dependant on the day of the week chosen.
- **Tesco** have a variable range of delivery charges, that reflect peak delivery times and days, with the beginning of the week being the cheapest, and the end of the week and weekends being the most expensive.
- **Waitrose** have a minimum order value of £50 and a fixed delivery charge of £5.

I have found this a very good service, especially when I was suffering particularly badly from M.E. and would run low on food, due to not being able to go out.

In addition, the smaller supermarket stores, such as **Iceland** and **Somerfield** can also deliver locally, again in time slots chosen by you.

They differ, in that you visit the store and pick the goods yourself and place them in your trolley. When paying at the checkout, they will pack the items for you, sorting them into Frozen, Chilled and non chilled and then deliver them to you at home, when you choose. This saves you expending valuable energy trying to get your shopping to the car (if you have one), loading it and then unloading it and getting the shopping inside your home. If you don't have a car, as at the time that I used this service, it made my life so much easier. Until you experience this service when ill, you do not realise how much

you will appreciate the delivery person and how you will welcome them with relief and joy.

At the time of writing:

- ***Iceland*** have a minimum order value of £25 for which delivery is then free of charge.
- ***Somerfield*** have a minimum order value of £25 for which delivery is then free of charge.

In this way, shopping is very easy, without the strain of getting the goods to your car and then unpacking the car at home.

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