As of April 5, 2020

# FOOD AND PHARMACY OPTIONS IN PORTSMOUTH

## Food Stores

**Wal-Mart:** 2460 Lafayette Rd
603- 433-6008
Senior hours: Tuesday, 6-7 am
Hours: Daily, 7 am to 8:30 pm
Shop online for pickup or local delivery (8-mile radius of the store) between 11 am and 7 pm
Curbside pickup for pharmacy.
https://grocery.walmart.com/locations/pickup/Walmart-Portsmouth-NH- Supercenter-2130

**Hannaford**: 800 Islington Street
603-436-6669
Senior and immunocompromised hours: Tues-Thurs, 6-7 am
Hours: Daily, 7 am to 9 pm

**Market Basket:** 1465 Woodbury Ave
603- 436-0413
Senior and immunocompromised hours: Daily 6-7 am
Hours: Daily, 7 am to 6 pm

Market Basket:1500 Lafayette Rd
603-430-2160
Senior and immunocompromised hours: Daily 6-7 am
Hours: Daily, 7 am to 6 pm

**McKinnon's:** 2454 Lafayette Rd
603- 559-5714
Senior hours: Daily, 7-8 am
Hours: Daily, 8 am to 7 pm

**Portsmouth Health Food Center:** 151 Congress Street
603-436-1722
Hours: Mon-Fri 8 am to 4pm Sat 9 am to 4 pm. Sun 9 am - 1 pm
Curbside pickup for online orders: https://portsmouthhealthfood.com

**Online grocery delivery services:**

Insta-cart:
CVS, Bj's Wholesale Club, Shaw's and others
Online account: https://www.instacart.com/
Free delivery for new customers.

PeaPod
Minimum order of $60.
Delivery fee based on order amount.

Online: https://www.peapod.com/
Free delivery for new customers.

## Local Delivery Drug Stores

**Rite-Aid:** 800 Islington Street
603-436-2214
Senior hours: Mon-Fri 9-10 am
Mon-Fri 9 am to 8 pm
Sat 9 am to 6 pm. Sun 9 am to 5 pm
Local delivery of prescriptions.

**Rite-Aid**: 1303 Woodbury Ave
603-431-1580
Senior hours: Mon-Fri 9-10 am
Mon-Fri 8 am to 8 pm
Sat 9 am to 6 pm. Sun 9 am to 5 pm
Drive-up window open.

**Rite-Aid**: 1390 Lafayette Rd.
603-430-7595
Senior hours: Mon-Fri 9-10 am
Mon-Fri 8 am to 8 pm
Sat 9 am to 6 pm. Sun 9 am to 5 pm
Drive-up window open.

**CVS:** 674 Islington Street
603-431-0234
Mon-Fri 8 am to 8 pm
Sat & Sun 9 am to 6 pm
Mail service delivery with online account.

**SUPERMARKET PRECAUTIONS IN PLACE (according to company websites)**

**Market Basket**

"Our hardworking associates are committed to helping our customers during this challenging time," Joseph Schmidt, operations manager said. "We firmly believe that with this newly refined approach we can make the grocery store experience better for all."

Here is the full list of Market Basket's new protocols:

- The number of customers shopping at one time is limited, based on the size of the store, to ensure customers have personal space, can maintain social distancing and feel more comfortable.

- A single entrance and exit is designated for customers' use. All fire safety measures will remain in place.

- Upon entrance, each shopper is greeted by an associate who will clean and sanitize a carriage for them.

- The chain previously started offering over-age-60-only shopping hours, at first three days a week and now daily from 6 to 7 a.m.

Market Basket stated its "heightened disinfection program in response to coronavirus continues to focus on high-touch surfaces including cash registers, countertops, register belts, red baskets, shopping carriages, payment devices, touch pads, desks, door and drawer handles, phones and computers. Associates are required to practice good hygiene including washing their hands frequently. Social distancing is also in place."

**Hannaford**

"I want to emphasize that the health and safety of our associates, customers and communities is job one for us, and we are following the guidance of public health officials closely. Among the actions we are taking on your behalf and to support health in the community, we are:

- Shortening our daily hours of operation to provide time for additional cleaning and to restock shelves. The Portsmouth store is now open from 7 a.m. to 9 p.m. daily.
- Adding a dedicated time when customers who are 60 or over and individuals identified as being identified by the CDC as at high risk may shop, providing them with the opportunity to have more social distance while in the store. These special hours for our 60+ customers are 6 a.m. to 7 a.m., Tuesday, Wednesday and Thursday of each week. We are asking our local communities to help us ensure the integrity of this measure. Our goal in this effort is to limit occupancy in the stores during this time.
- We continue to take steps to protect our shoppers, our associates, and our communities. We have exhaustive and thorough food safety practices. We maintain rigorous cleaning procedures and strict hygiene techniques that are most effective at combating viruses. And, we are asking associates who are feeling unwell to stay home. The health and safety of our customers and associates is our top priority.
- We will continue to monitor the situation closely and follow the recommendations from the Centers for Disease Control and Prevention (CDC). And in accordance with recommendations and guidance from local and national health authorities, we are prepared to take additional steps should the outbreak become more widespread in the communities we serve.
- We are working around the clock to ensure that we are as well stocked as we possibly can be. We have placed purchase limits on high demand items in order to make them available for as many customers as possible. This is a good time to show our care and concern for our neighbors as well as ourselves and our families.

**WalMart**

- Our associates are working hard to keep stores stocked and sanitized for you. We're dedicating associates in every store to clean high-traffic, high-touch areas, like checkouts and shopping carts, every day. We're also installing sneeze guards in our pharmacy and register lanes, and floor decals at both the entrances and checkouts, to help you maintain proper social distancing.

- Additionally, we're using a single, clearly designated entrance and another clearly designated exit at each store to help maintain social distancing and lessen the instances of people closely passing each other. We're also limiting the number of people in a store at once to allow no more than five customers for each 1,000 square feet at a given time, roughly 20 percent of a store's capacity.
- We have reduced store hours, and even suspended or reduced some services such as food demos, our Auto Care Center and Vision Center, so that associates will have ample time for cleaning, sanitizing and stocking. With the help of Hart brand backpack sprayers, we have developed a new way to sanitize carts faster.
- We have increased pickup & delivery service options for customers to help minimize contact and maintain social distancing. We are installing sneeze guards for pharmacy and store registers as well.
- Other steps include taking the temperatures of our associates as they report to work, and starting to make gloves and masks available to associates who want them.