



Hemophilia and Thrombosis Center
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Tips and Tricks for Grocery Shopping During a Pandemic

Grocery shopping can feel less like your run-of-the-mill errand and more like the Amazing Race. If you find yourself in the uncomfortable situation of running out of pantry staples and much-needed toiletries, continue reading.

1. Go when stores first open. Stores are likely to restock items after closing. This means that the age-old adage “the early bird gets the worm” applies. Arriving when a store first opens is likely to increase your chances of getting the goods you need.
 - a. Special hours: Most stores have implemented “senior hours” or times when more vulnerable individuals can shop at their stores. We have listed the special times at common stores below, but check with your local store to confirm first as this information is subject to change. If you are pregnant you are often included in these “senior hours” but we would also advise you call to confirm.
 - b. Food Lion: M/W/F 7:00-8:00am
 - c. Harris Teeter: T/Th 7:00-9:00am
 - d. Target: 1st hour every Wednesday
 - e. Whole Foods: 7 days/week, 7:00-8:00am *ID Required
 - f. Costco: T/Th 8:00-9:00am
 - g. Walmart: 1st hour every Tuesday
 - h. Trader Joes: 8:00-9:00am every day
2. If available, at-home grocery delivery may be a safe and easy option to use. Depending on where you live, you may find that 1 or more stores will deliver. This delivery may come directly through the store itself or through a third party like Instacart. During this time, some delivery services are allowing a “no-contact” option that entails minimal to no interaction between yourself and the individual who delivers your groceries.
 - a. You may need to order from more than 1 location. To adequately address all of the items on your grocery list, you may find that ordering from more than 1 location is the best option for getting most to all of the items from your grocery list. Some options for grocery delivery might include your local grocery store (e.g. Food Lion, Harris Teeter), larger multi-goods retailers (e.g., Target, Walmart, Costco); online retailers (e.g., Amazon Fresh); third party retailers (e.g., Instacart); and local smaller grocers specific to your area.
3. Consider ordering high need items in advance. If you’re looking for something like toilet tissue, hand sanitizer, or baby wipes, it might take some time to locate these items either in person or online. Keep track of what you use and consider ordering to re-stock your supply a little sooner than normal to account for potential wait times.

*** If you find that you are unable to make ends meet, please look at the other resources posted on this site. ***



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4. Take what you need and leave the rest. Remember, there are others who are also looking for that can of black beans or a bag of all purpose flour. Be kind and leave something behind for those who come after you.
5. Assess, adapt, and accept. Even after you've utilized each of these tips and tricks, you may still find that you're unable to acquire all of the items on your list. Take stock of what you have (i.e., assess). You may find you can make some quick and easy substitutes with items readily available in your pantry (e.g., adapting your pasta recipe by using elbow noodles instead of penne). Or perhaps you learn a new recipe because an item you requested was substituted for something else (e.g., adapting when you receive 2 bags of sweet potatoes instead of russet potatoes by learning to make sweet potato-bread). And last, you might find yourself accepting that there are some aspects of this situation that are outside of your control, and that's ok too.

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