

# KFL&A Grocery Stores & Pharmacies

## Delivery

Many stores are experiencing high order volumes and there may be delays. Think ahead and place orders a week in advance. Also, be sure to have deliveries dropped outside your door, for your safety and the deliverers.

**Click here** for a sign for your door if you in isolation.

### Rotary Club of Kingston

Delivering groceries and prescriptions.  
Email: KingstonRotaryCovid19isolation@gmail.com

### Amey's Taxi

613.546.1111

### Food Land

6145, Hwy #38, Verona  
Call: 613.374.2112

4476 George St, Sydenham  
Monday, Wednesday,  
Friday: fld6304trousdales@sobeys.com  
No computer, call: 613.376.6609

3 Manitou Cres W, Amherstview  
amherstviewfoodland@hotmail.com  
No computer, call: 613.389.4184

12258, Hwy#41, Northbrook  
fld6740northbrook@sobeys.com  
No computer, call: 613.336.2647

### Freshmart

7459, Hwy#506, Plevna  
613.479.2603

### General Brock's Commissary

172 Ontario St, Kingston  
86 Brock St, Kingston  
613.985.2222

### The Grocery Basket

260 Princess St., Kingston  
613.417.3331

### Limestone Organic Creamery

3127 Sydenham Rd, Elginburg  
613.542.0732

### Local Farmers

Enright Cattle Company, Patchwork Gardens, and Kendal Hills Farm have partnered to offer beef, vegetable, and egg deliveries from Belleville to Kingston.

### Med+ Pharmacy

277 Bath Rd, Kingston  
613.531.0707

### Memorial Centre Farmers Market

613.572.7059

### Metro

310 Barrie St, Kingston  
613.542.5795

460 Gardiners Rd, Kingston  
613.384.6334

775 Bayridge Dr, Kingston  
613.384.8800

35 Alkenbrack St, Napanee  
613.354.1663

### Mike Dean's Sharbot Lake Super Food Stores

1039 Elizabeth St, Sharbot Lake  
Email orders to: orders@mikedeans.com  
No computer, call: 613.279.1020

### PC Express

(online orders; members only)  
Loblaws, No Frills, ValuMart, Shopper  
Drug Mart in Kingston

### Quattrocchi's Specialty Foods

662 Montreal St, Kingston  
613.542.4996

### Tara Natural Foods

81 Princess St, Kingston  
613.546.4439

### Weller Pharmacy

263 Weller Ave #2, Kingston  
613.507.9700

### Other Pharmacies

Many pharmacies have set up alternative ways of getting medication like delivering to your car or home. Call your pharmacy for options if you are nervous about going in or are sick.

## Click & Collect

Remember that these systems could be overloaded at the moment so there might be a longer wait time.

### **Costco Grocery (members only)**

1015 Centennial Dr. Kingston

### **Food Land**

6145, Hwy #38, Verona

Call: 613.374.2112

4476 George St, Sydenham

fld6304trousdales@sobeys.com

No computer, call: 613.376.6609

3 Manitou Cres W, Amherstview

amherstviewfoodland@hotmail.com

No computer, call: 613.389.4184

12258, Hwy#41, Northbrook

fld6740northbrook@sobeys.com

No computer, call: 613.336.2647

### **Freshmart**

7459, Hwy #506, Plevna

Call: 613.479.2603

### **Loblaws**

1048 Midland Ave, Kingston

1100 Princess St, Kingston

### **Metro Online Grocery**

310 Barrie St, Kingston

460 Gardiners Rd, Kingston

775 Bayridge Dr, Kingston

35 Alkenbrack St, Napanee

### **Mike Dean's Sharbot Lake Super Food Stores**

1039 Elizabeth St, Sharbot Lake

Email orders to: orders@mikedeans.com

No computer, call: 613.279.1020

### **No Frills**

1162 Division St, Kingston

1030 Coverdale Dr, Kingston

450 Centre St N, Napanee

### **Sigrid's Natural Foods**

506 Days Road, Kingston

Email: sigrids.chelsea@gmail.com

No computer, call: 613-384-1756

### **ValuMart**

235 Gore Rd, Kingston

### **Walmart**

1130 Midland Ave, Kingston

613.384.9071

89 Jim Kimmett Blvd, Napanee

613.354.3100

## Senior/Disabled Shopping Hours

The following stores are dedicating time to serve just seniors and people with disabilities. Call ahead to confirm what time seniors' hour is at your neighbourhood store.

### **Canada Post**

Open one hour later and closing one hour earlier. First hour for seniors.

### **Costco**

1015 Centennial Dr, Kingston

8:00 to 9:00am

### **Farm Boy**

Futures Gate, Kingston

7:00 to 8:00am, Monday to Saturday

8:00 to 9:00am, Sunday

### **Food Basics**

33 Barrack St, Kingston

1225 Princess St, Kingston

1300 Bath Rd, Kingston

1200 Hwy#15, Kingston

7:00 to 8:00am

### **Food Land**

6145, Hwy #38, Verona

7:00am to 8:00am

4476 George St, Sydenham

7:00 to 8:00am, Monday, Wednesday, Friday

12258, Hwy #41, Northbrook

7:00-8:00am

### **FreshCo**

2327 Princess St, Kingston

7:30 to 8:30am

### **Glenburnie Grocery**

2454 Perth Rd, Glenburnie  
9:00 to 10:00am, Monday,  
Wednesday, and Friday

### **Loblaws**

1048 Midland Ave, Kingston  
1100 Princess St, Kingston  
7:00 to 8:00am, Monday to Saturday

### **Metro**

310 Barrie St, Kingston  
460 Gardiners Rd, Kingston  
775 Bayridge Dr, Kingston  
35 Alkenbrack St, Napanee  
7:00 to 8:00am

### **No Frills**

1030 Coverdale Dr, Kingston  
7:00 to 8:00am, Tuesday and Friday  
1162 Division St, Kingston  
8:00 to 9:00am, Sunday  
450 Centre St N, Napanee  
8:00 to 9:00am, Sunday  
7:00 to 8:00am, Tuesday

### **Rexall**

Various location  
First open hour (check with your store for hours)  
Advantage 55+ discount until  
10:00am everyday

### **Shoppers Drug Mart**

Various locations  
First open hour  
(check your local store for hours)  
20% discount for seniors  
everyday in the first hour

### **ValuMart**

235 Gore Rd, Kingston  
7:00 to 8:00am

### **Walmart**

1130 Midland Ave, Kingston  
89 Jim Kimmitt Blvd, Napanee  
7:00 to 8:00am, Monday to Friday

## **Reduced Hours**

### **Food Land**

6145, Hwy #38, Verona  
8:00am to 7:00pm,  
Monday to Wednesday  
8:00am to 8:00pm,  
Thursday, 8:00am to 8:00pm  
Friday 8:00 am to 6:00,  
Saturday 9:00am to 6:00pm

4476 George St, Sydenham  
8:00am to 6:00pm

3 Manitou Cres W, Amherstview  
8:00am to 8:00pm

12258, Hwy#41, Northbook  
8:00am to 8:00pm

### **FreshCo**

2327 Princess St, Kingston  
8:00am to 8:00pm, Monday to Sunday

### **General Brock's Commissary**

172 Ontario St, Kingston  
86 Brock St, Kingston  
12 noon to 5:00pm, Tuesday to Friday  
10:00am to 5:00pm, Saturday

### **Giant Tiger**

811 Princess St, Kingston  
656 Gardiners Rd, Kingston  
8:00am to 8:00pm, Monday to Saturday  
9:00am to 6:00pm, Sunday  
13 Industrial Blvd, Napanee  
8:00am to 8:00pm, Monday to Friday  
8:00am to 6:00 pm, Saturday  
9:00am to 5:00pm, Sunday

### **Glenburnie Grocery**

2454 Perth Rd, Glenburnie  
10:00am to 6:00pm

### **The Grocery Basket**

260 Princess St., Kingston  
11:00am to 5:00pm

**Loblaws**

1048 Midland Ave, Kingston

1100 Princess St, Kingston

7:00am to 8:00pm, Monday to Sunday

**Metro**

310 Barrie St, Kingston

460 Gardiners Rd, Kingston

775 Bayridge Dr, Kingston

35 Alkenbrack St, Napanee

8:00am to 8:00pm, Monday to Sunday

**No Frills**

1162 Division St, Kingston

1030 Coverdale Dr, Kingston

450 Centre St N, Napanee

8:00am to 8:00pm, Monday to Friday

8:00am to 7:00pm, Saturday

9:00am to 6:00pm, Sunday

**Rexall**

Various locations. Opening hours vary.

Closed by 8:00pm, Monday to Friday

6:00pm Saturday & Sunday

**Shoppers Drug Mart**

Various locations

Reduced hours (check your local store)

**Tara Natural Foods**

81 Princess St, Kingston

9:00am to 6:00pm, Monday to Saturday

**Walmart**

1130 Midland Ave, Kingston

89 Jim Kimmett Blvd, Napanee

7:00am to 8:00pm, Monday to Sunday

**Closed****Cooke's Fine Foods**

All locations

**Grands General Store**

14222, Hwy #41, Cloyne

613.336.2500

Closing April 9

**The Grocery Basket, Ontario St**

172 Ontario St., Kingston

**Sigrid's Natural Foods**

506 Days Road, Kingston

Closed to customers;

pre- orders can be picked up