

**A Helpful Guide to Non-contact Grocery Shopping  
Winston-Salem, NC and nearby locations  
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Do you need to shop for groceries in this pandemic, but you don't want to risk entering the store? You can choose to use a delivery company, or choose to order directly from the grocery store to arrange curbside pickup (sometimes a small fee) or have delivery options through the store's website.

**Here's how delivery companies work:**

**Instacart; [www.instacart.com](http://www.instacart.com)**

**Shipt: [www.shipt.com](http://www.shipt.com)**

The Instacart and Shipt delivery companies serve a variety of stores, with both delivery and curbside pickup. After you enter your Zip code, their websites show you which stores they serve in your area. You select your preferred store, choose the time that you want, then you're taken to a site that pictures all available foods in that store; you can search by category or by specific food name. When ordering, you can also specify a "backup" if the store doesn't have your item or specific brand; for example, if they don't have Hunt's tomato sauce, you can specify Harris Teeter tomato sauce as a backup. Once you've completed your list, a "shopper" contacts you.