

Meal Support Services

Grocery Delivery

Grocer-ease

(A program of Hamilton East
Community Services)

Office/Mailing Address:

460 Main St. East

Hamilton, Ontario

L8M 1K3

905-545-1175

<http://www.grocerease.org/>

Grocery Gateway

Customer Response: 905-564-8778

Long Distance: 1-877-447-8778

<http://www.grocerygateway.com/>

Sobey's of Waterdown

Will deliver groceries to people who
live in Waterdown, Dundas and
west Burlington.

To order groceries, you can call
on Monday mornings between
8:00 and 12:00.

Phone: 905-689-0662

Your groceries will be delivered
to you later that day.

You will need to pay for your
groceries with a credit card.

The charge for delivery of
groceries is \$5.00

*“I am no longer able to leave
my home to buy groceries.”*