

FOOD RESOURCES DURING THE COVID -19 CRISIS

Leisure World is dealing with a “new normal” since the Coronavirus came to our shores. Seniors have been encouraged to self-isolate and others who don’t drive find themselves wondering how they will get food and other supplies during this challenging time.

Golden Rain Foundation is very much aware of this and has been working to put together information on resources available of which you may not be aware.

The Recreation Department has been speaking to the local markets regarding special hours or other accommodations for seniors. The situation is fluid, so check with the store for the latest information:

- Gelson’s Market is open from 7 AM to 8 AM exclusively for seniors 65+. One caregiver per shopper is permitted. Proof of age required
- Pavilions is opening at 7:00 and asks that non seniors stay home till 9:00, but it is not enforceable. Product is limited.
- Ralph’s is currently opening at 7:00 AM for seniors on a trial basis. We’ll keep you apprised.

There will be onsite food service available, starting Sunday, March 21 every evening:

- Koffel’s Taco Tuesday truck will be onsite 3 days a week, 5 to 7 PM, Sunday, Tuesday and Friday
- Viking Specialty Hot Dog truck tentatively is scheduled for Mondays (substitute possible)
- Gourmet Renee will provide American cuisine on Wednesday nights, times TBD
- Domino’s Pizza is here on Thursdays and also delivers, starting at 3:30 PM
- Lucille’s Smokehouse BBQ will have their truck here 3/28; 4/4, and 4/11 from 4 to 6 PM

All information is subject to change as the food services are dependent on their suppliers. Information will be posted daily on the electronic marquee at the corner of Golden Rain Rd. and St. Andrews. Dr.

We are also in touch with a number of volunteers who have stepped forward to assist Shareholders/Members with their shopping and errand needs. Contact the Recreation office at the number below to be matched to a volunteer. This is a free service, but any arrangements you make are between the two parties. GRF is simply sharing this information.

Are you aware that the Downtown Café in Building 5 is open for business? The vending machines are restocked daily with food and drinks for take-out. Due to social distancing rules, the tables and chairs have been removed temporarily.

Several local restaurants have reached out to us who now offer pickup and delivery service, some with specially priced menus with lower prices during this difficult time. Contact Recreation for information on specific restaurants.

If you are computer savvy and already shop online, Donna Gambol has put together some handy information, excerpted here from her Mutual One newsletter:

Instacart will deliver groceries for an annual fee of \$99 or each time you call on them.

Amazon Fresh is available to Prime members, featuring offerings from their **Whole Foods** stores, you can also take advantage of their monthly subscription fee.

Vons offers a simple ordering system through the internet with special promotions throughout the year.

Ralphs, Walmart, Target and even **Costco** offer both convenient pick up shopping or delivery right to your door. But again, remember that each of these stores are stressed right now and deliveries and shopping options may be significantly altered.

It's best to refer to their websites for the most up to date information.

If you love fruits and vegetables and want to help with community sustain- able agriculture (CSA) consider **Farm Fresh**, which too will deliver right to your door. They offer seasonal veggies and fruits you select online for as little as \$26 a box.

Residents can also take advantage of **Meals on Wheels** which delivers prepared meals right to your door five days a week M-F at \$41.25/week (562-439-5000), or **Senior SERV** at \$5.25 per day M-F (714)-823-3294.

Meal Kit Delivery:

If you enjoy cooking consider a meal kit system which provides all the necessary ingredients to prepare home cooked meals with pre-proportioned ingredients, recipes, and step by step instructions.

These Meal Kit Delivery systems all operate in our area with starting prices per serving:

Blue Apron-\$9.99 Hello Fresh-\$8.99 Green Chef-\$11.99 Home Chef-\$7.99 Purple Carrot-\$11.99 Plated-\$11.95

Again, check their websites as information is changing daily.

For information, email kathyt@lwsb.com or call 562-431-6586 ext. 398