



Food and Grocery Resources for Resident Physicians

This list of resources was compiled by Dr. Bethany Ostrowerka and includes information on discounts for

- Food Discounts
- Grocery delivery
- Grocery pick up
- Restaurant delivery + take out
- Pet food delivery
- Pharmacy Delivery

RESTAURANT DISCOUNTS		
Restaurant	Locations	Discount
Cactus Club	All Canadian locations	Offering “Healthcare Hero Combo” for \$12.75 – includes a sandwich OR salad OR bowl + cookie + non-alcoholic beverage. Health professional ID required at time of order pick-up.
Earls	All Canadian locations	20% off orders, and additional 10% for health care workers when you order meal and pickup in restaurant.
Nando’s	All Canadian locations	Free ¼ chicken meal to any nurse, doctor, or HCW who orders in-person and presents a valid ID or calls to place a to-go order and presents ID at collection.
Starbucks	All Canadian locations	Free tall drink (warm or iced) daily to all HCW and first-responders, no ID needed.
McDonald’s	All Canadian locations	Free medium coffee or tea daily to all HCW and first-responders, with valid ID.
Circle K	All Canadian locations	Free coffee or tea (any size) daily to all health care workers, with valid ID.
KFC	All Canadian locations	Offering free delivery on any order that includes a bucket of chicken. www.kfc.ca
Just Bite Me Meals – Pre-Made Meal Service	Edmonton & Area, Calgary & Area, Fort MacMurray, Red Deer, Grande Prairie	Email us or text a photo of your AHS ID badge to info@bitememealsveg.com to receive a personal discount code for ordering.
Shell	All Canadian locations (except those in BC)	Free fresh sandwich (pre-packaged sandwich or other eligible sandwiches such as deli2go) and a hot beverage (all sizes of coffee, tea, cappuccino) to every healthcare professional. Uniform or badge required for identification.

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Souptacular	Online (https://souptacular.com)	2 free soups if you mention that you are a health care provider in the “Notes” section upon placing an order.
Sunterra Market	Calgary, Edmonton	25% off all in-house made food purchased in store including ready-made meals, soups, salads, deli items, fresh bread, baking and desserts for AHS employees. AHS identification required.
Presotea	Calgary, Edmonton	Medical staff receive 25% off your order when you present your ID.
A&W	Edmonton, St. Albert, Sherwood Park, Devon	50% off drive-thru orders to AHS employees (among other front-line staff and first responders). Ensure you identify yourself as an essential service provider when you order, and show your ID at the pickup window.
Remedy Cafe	Edmonton	Free coffee or chai for every hospital employee.
Shōjō Izakaya	Edmonton	25% off for AHS employees, with identification. Order must be made directly through the restaurant.
Copper Branch – Plant Based Power Food	Calgary - Marquee Location	50% off order for all AHS employees.
Philosafy Coffee	Calgary	AHS doctors and nurses receive a free drink. Download the Philosafy app to your phones, create an account using your AHS email. You will then be able to redeem a free drink by using a unique promo code labelled “Our Heroes.”
A&W	Calgary - Auburn location	50% off drive-thru orders to AHS employees (among other front-line staff and first responders). Ensure you identify yourself as an essential service provider when you order, and show your ID at the pickup window.
Pho Dau Bo	Calgary	30% off for AHS staff, senior facility workers, displaced students.
Urban Fare	Calgary	Complimentary brewed coffee for health care providers in uniform or with ID.

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Inspired Go	Calgary	<p>Current promotion whereby a meal is donated to a local HCW for every food-prep box that is purchased by customers.</p> <p>“If you are a healthcare worker, send us your information and we will be selecting as many recipients as we can in the order they are received.”</p> <p>https://www.inspiredgo.ca/healthcare</p>
Booster Juice	Medicine Hat, Dunmore Road location	25% off for health care professionals.

RESTAURANT TAKE-OUT EXTERNAL LINKS		
Source	Locations	Access
The Tomato Magazine’s List	Edmonton	<p>A list of many of Edmonton’s most popular restaurants that have transitioned to take-out.</p> <p>Website here</p>
Avenue Calgary	Calgary	<p>A collection of restaurants in Calgary offering take out and/or delivery.</p> <p>Website here</p>
Avenue Edmonton	Edmonton	<p>A collection of local restaurants, bakeries, coffee shops, that are offering delivery.</p> <p>Website here</p>

RESTAURANT TAKE-OUT - MULTIPLE RESTAURANTS		
Source	Locations	Access
Skip The Dishes	Throughout Canada	https://www.skipthedishes.com
Door Dash	Throughout Canada	https://www.doordash.com/en-CA
Uber Eats	\$0 delivery on many local, or independent, restaurants	https://www.ubereats.com/ca
Simply Delivery	Offering delivery from a variety of local restaurants and vendors in the Lethbridge area.	https://simply.delivery/vendors/
Bulldog Delivery	Offering delivery from a variety of local restaurants and vendors in the Fort McMurray area.	https://www.bulldogdelivery.ca

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GROCERY DELIVERY		
Store	Locations	Access
Save-On-Foods	All Canadian locations	https://www.saveonfoods.com Delivery fees vary based on locale.
Instacart	Multiple Canadian cities	https://www.instacart.ca Delivery from multiple vendors, depending on your location, e.g. in YEG: Superstore, Wholesale Club, Loblaws, Bulk Barn, Staples, Shoppers Drug Mart. Delivery fees vary.
Costco	Edmonton, Calgary, Lethbridge (not all provincial locations support delivery)	https://www.costco.ca/grocery-delivery-details.html Free 2-day delivery on orders over \$75. ** Given demand, delivery is currently running on 7-8 day schedule.
The Organic Box	Edmonton, Central Alberta, Calgary, Bow Valley, Fort McMurray, Peace River, Athabasca	https://www.theorganicbox.ca Offers full range of grocery items, supporting local and independent producers, as well as organic or transitional products, as much as possible.
Spud	Edmonton, Calgary	https://www.spud.ca/index.cfm?login=0&goto=/index.cfm Free delivery on most orders over \$30.
In A Buggy	Edmonton, Calgary	https://www.inabuggy.com Delivery from multiple vendors, depending on your location, e.g. in YEG: Safeway, Walmart, Costco, PetSmart, \$19.98 Picking, Packing & Delivery Fee.
Italian Centre Shop	Edmonton	https://www.italiancentre.ca/complimentary-grocery-delivery-service Free delivery to Edmonton (Monday thru Friday), Sherwood Park (Monday & Wednesday), and St. Albert (Tuesday and Friday). Place your order the day before desired delivery.
Multiple Vendors	Calgary	https://www.avenuecalgary.com/restaurants-food/grocery-delivery-services-in-calgary/



GROCERY PICK-UP		
Store	Locations	Access
Save-On-Foods	All Canadian locations	https://www.walmart.ca/en/scheduled-shopping/pickup Order online, and pickup at store. No fee!
Superstore	Multiple Canadian cities	https://www.pcxpress.ca Order online and pickup at your local store. Pickup fees between \$3-5.

PET PRODUCT DELIVERY		
Store	Locations	Access
Pawz on Wheels	Available in Edmonton and surrounding area, including St. Albert, Leduc, Sherwood Park, Stony Plain, and Spruce Grove.	http://pawsonwheelz.com
Fetch & Stay	Available in Calgary and surrounding area, Airdrie, Okotoks, Chestermere, and Cochrane	https://fetchandstay.ca/pages/delivery
Brindle Pets	Available in Red Deer and surrounding area.	https://www.brindlepets.ca
Pet Smart	Order online, with curbside pick up, available at locations across the province.	https://www.petsmart.ca

PHARMACY DELIVERY		
Store	Locations	Access
London Drugs	Throughout Alberta	Website here
Rexall Direct	Throughout Alberta	https://www.rexalldirect.ca