

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