

Food & Medication Delivery Options

We've created this list to help older adults and family caregivers find options for home delivered meals, groceries and medications. This list is a representative sample and there may be other options in your area. Please check with your local providers to confirm services & business hours.

Provided in Partnership with



Home Delivered Meals	
FiftyForward Fresh	Fresh meal delivery, call 615-743-3416. They serve the following zip codes: 37203, 37204, 37205, 37209, 37212, 37215, 37221
Family Resource Centers	For older adults needing meals in the Davidson county area, please contact your local family resource center. Martha O'Bryan Center (615) 254-1791, St. Luke's Community House (615) 350-7893, & McGruder Family Resource Center (615) 291-4513.
Mid-Cumberland Human Resource Agency	For older adults needing meals in the greater Middle Tennessee area, please contact Mid-Cumberland Human Resource Agency (615.850.3910). They can connect you with needed resources. They serve Cheatham, Davidson, Dickson, Houston, Humphreys, Montgomery, Robertson, Rutherford, Stewart, Sumner, Trousdale, Williamson & Wilson counties.
Grocery Delivery	
Kroger Ship	Delivery shipped to you in 1-3 days. No fee for orders over \$35. Learn more, create an account and place an order at Kroger.com.
Walmart Grocery	Delivery fee varies but will be shown at checkout. Learn more, create an account, and schedule a delivery at https://grocery.walmart.com/
Publix	Delivery fee varies for grocery delivery. Powered by Instacart, see below. https://www.instacart.com/publix

Instacart	If you have a smartphone, you can download the Instacart app and place orders from grocery stores to be delivered to their house. There will be a fee for the grocery delivery. When offering this option, please make sure to spell out the app to find the correct one.
Shipt	You can either download the Shipt app or visit https://shop.shipt.com/login to place grocery orders to be delivered to your house. A smartphone is not required. If you place the order online, (instead of via smartphone), during checkout, you will need to put in the delivery notes if you prefer the shopper to call or text you with any questions. When offering this option, please make sure to spell the app out to find the correct one.
Pharmacy Delivery	
Walgreens	Offers prescription delivery: https://www.walgreens.com/topic/pharmacy/prescription-delivery.jsp Note: Contact your insurance provider to verify coverage.
CVS	Offers prescription delivery: https://www.cvs.com/content/delivery . Note: Contact your insurance provider to verify coverage.
Some Kroger stores	Offers prescription delivery: https://www.kroger.com/rx/landingpage?redirectUrl=/rx/dashboard Note: Contact your insurance provider to verify coverage.
Walmart	Offers prescription delivery: https://www.walmart.com/cp/pharmacyhome-delivery/1042239 . Call 1-800-2REFILL to get started. Note: Contact your insurance provider to verify coverage.
Amazon Prime Pantry	Offers delivery service to your home. Due to high demand, some delivery areas may be limited. www.amazon.com
Local Pharmacies	Some local pharmacies still deliver. Check with your neighborhood pharmacy to determine their options.
Insurance Provider	Medicare Advantage plans such as Cigna, Humana, and Medicare Part D insurers have MAIL ORDER options. Check with your provider to confirm.
ScriptDrop	In response to COVID-19, Script Drop is offering mail order prescriptions for a flat \$8 delivery fee. Contact them at https://scriptdrop.co/covid19/

If you need additional information about community resources and services in Middle Tennessee, please feel free to call the Council on Aging at 615-353-4235 or look in our online *Directory of Services* <https://directory.coamidtn.org/>.