

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Asda	8-9am NHS, Care home workers & Carers		8-9am NHS, Care home workers & Carers		8-9am NHS, Care home workers & Carers		9-10am NHS, Care home workers & Carers
"						Volunteer card:	https://cards.asda.com/volunteer
Sainsbury's	7.30-8am NHS & Social Care	7.30-8am NHS & Social Care	7.30-8am NHS & Social Care	7.30-8am NHS & Social Care	7.30-8am NHS & Social Care	7.30-8am NHS & Social Care	
"	8-9am E&V		8-9am E&V		8-9am E&V		
"	Online slots for those registered as Elderly or Vulnerable	Delivery passes				Volunteer card:	https://www.sainsburys.co.uk/shop/gb/groceries/working-to-feed-the-nation/latest-information--?shoppingAreald=Feed the Nation
Tesco	9-10am E&V	9-10am NHS	9-10am E&V	9-10 NHS	9-10am E&V		9-10am NHS
"	E&V	Register for a priority slot	Tel 0800 917 7359				
Waitrose	7-8am E&V	7-8am E&V	7-8am E&V	7-8am E&V	7-8am E&V	7-8am E&V	
"						Volunteer card:	https://johnlewisgiftcard.com/JohnLewisWaitrose/ByEmail/JohnLewisWaitrose/ChooseProduct?productGroup=Waitrose
M&S	8-9am E&V	8-9am NHS & Emer/Social Care		8-9am E&V	8-9am NHS & Emer/Social care		
"							
"	Food boxes from £15	https://www.marksandspencer.com/l/gifts/food-boxes?extid=af_t_1_1806294&tduid=31139c2906d2865581a218f7c38517f0				Volunteer card All in this together:	https://www.marksandspencer.com/all-in-this-together/p/p60282075?prevPage=srp?OmnitureRedirect=volunteer%20gift%20card
Morrisons	6-7am NHS 10% discount	6-7am NHS 10% discount	6-7am NHS 10% discount	6-7am NHS 10% discount	6-7am NHS 10% discount	6-7am NHS 10% discount	9-9.30am NHS 10% discount

"	E&V	Door step delivery	The order will take 24 hours to process, and payment will be taken through a contactless card by the delivery driver. No contact with the driver will be made and the machine will be placed on a wall etc for people to put their cards into.	If you have friends or family in need of this help and are unable to shop instore, please ask them to call 0345 611 6111 and select option 4 to order a Food box or 5 to place an order for Doorstep delivery.			Morrisons recommend paying volunteers with vouchers
"	Morrisons Food Boxes are a box of staples for either Meat eaters or Vegetarian	The cost is £30 plus £5 delivery (£35 in total) available online at	https://www.morrisons.com/food-boxes/boxes		How does it work? If you are not at home to take the delivery, the food boxes are chilled & insulated, so the food will stay fresh until you get back		
"	9-10am E&V	9-10am E&V	9-10am E&V	9-10am E&V	9-10am E&V	9-10am E&V	
Iceland	8-9am E&V	8-9am E&V	8-9am E&V	8-9am E&V	8-9am E&V	8-9am E&V	
"	4-5pm NHS & Social workers	4-5pm NHS & Social workers	4-5pm NHS & Social workers	4-5pm NHS & Social workers	4-5pm NHS & Social workers	4-5pm NHS & Social workers	
Iceland warehouse	7-8am NHS & Social workers	7-8am NHS & Social workers	7-8am NHS & Social workers	7-8am NHS & Social workers	7-8am NHS & Social workers	7-8am NHS & Social workers	
ALDI	Emergency workers and blue light card holders	Priority access ahead of queues during the rest of the week.	Open until 10pm				Emergency workers and blue light card holders 9.30-10am

"	To keep customers safe and give everyone the chance to order an Aldi Food Parcel, only one package will be able to be purchased per person, per week. Orders are online only, not available in stores. All boxes are 14kg. Order yours now.	Price £24 https://www.aldi.co.uk/food-parcels						
"	8-9am E&V	8-9am E&V	8-9am E&V	8-9am E&V	8-9am E&V	8-9am E&V		
Co-op	Dedicated hour for E&V check with individual store, search online for details of nearest store							
Post offices	Check with individual							