



ONLINE GROCERY SHOPPING

Online Ordering Options

Most grocery stores have adopted online ordering systems. Depending on your store's location and product availability, you can order your groceries online and choose to pick them up at the store or have them delivered to your home. Some large grocery store chains participating in pickup and delivery are:

- [Giant](#)
- [ShopRite](#)
- [Target](#)
- [Walmart](#)
- [Wegmans](#)

If you have an [Amazon Prime](#) membership, you can do an online grocery shop with [Whole Foods](#) for pickup or delivery plus a discounted price. You are also able to shop at Whole Foods Market online without an Amazon Prime account.

Other online grocery shopping options would be [Thrive Market](#) and [Insta Cart](#). Thrive Market is an online-only grocery store that offers delivery. Insta Cart is an online ordering service where you can order products from Aldi, Wegmans and CVS and get products delivered

Making Healthy Choices

Fill your cart with lots of fresh produce, whole grains, lean proteins and other nutritious options. The below grocery stores have additional resources to ensure that you pick the best nutritional options for your cart!

Giant Guiding Stars

Use the [Guiding Stars](#) found on packaging or product tags to guide you toward the most nutritional options! One star indicates a good option, two stars represent a better choice, and three stars show the best nutritional option.

Walmart Great For You Icon

Choose foods with the [Great For You](#) icon to help make sure you're making the most nutritious choices.

Wegmans Wellness Keys

Use Wegmans' [Wellness Keys](#) to help you easily identify items that are heart-healthy, low sodium, high fiber or contain whole grains.

To work with our Registered Dietitian on your nutrition goals, reach out to 877-223-2350 or info@connectcare3.com.