



Visit-A-Bit Grocery Ordering Instructions

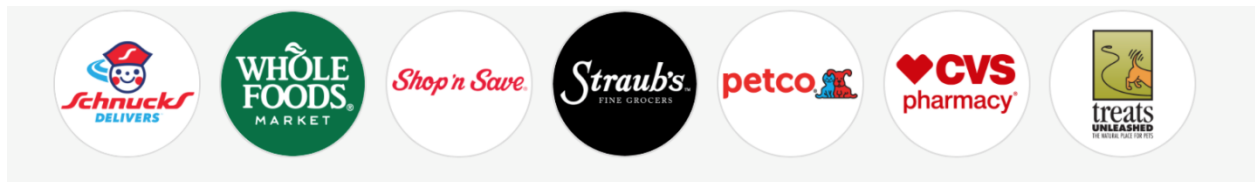
Because most Visit-A-Bit participants are homebound, you have an opportunity to learn and teach them how to order groceries online and have them delivered.

How to Order Groceries Online

Many stores offer free delivery on the first order, so you can try online grocery shopping out to see if they like it. Many services also offer savings on delivery charges for future orders. Online grocery shopping also allows customers to use online coupons and club card savings. You can pick the delivery time that works best, and get items delivered when it's convenient—without running out of important items.

Online delivery allows for added independence – and people won't have to wait on a family member, friend, or neighbor to drive them to the store, or struggle with heavy or bulky items, since they are delivered to the door.

Groceries and other items can be ordered online via [Instacart from the following stores:](#)



For a complete guide to [St. Louis grocery delivery](#).

[Schnucks](#) Online Delivery via Instacart

[Dierbergs](#) Online Delivery via Shipt

If you don't want to use a computer, it's possible to talk to a real person and order from [Dierbergs via Groceries to Go](#).

How it Works

Dierbergs has been using the same third-party personal shopping service since 1999. It's an old-school system that predates online shopping. Just call or email Groceries to Go, and they'll call you back to go over your shopping list.

Call or e-mail for rates or additional information.

- Call 314-842-0109 Monday - Friday, 9 a.m. - 2 p.m.
- E-mail groceriestogo@yahoo.com

Groceries-to-Go is an independent service available in Missouri only.