

Coronavirus (Covid-19)

and

Food shopping



To keep you well from Coronavirus

If you have a learning disability, health conditions or are over 70



You should **stay home** and **away from busy places**



This means **going shopping at quiet times**



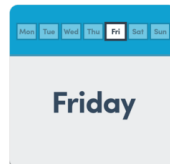
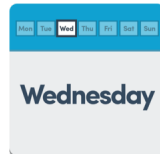
Or asking someone to get food for you, or have it delivered?



Some shops have **quiet times for people with learning disabilities**, older people, people with health conditions and carers.

Phone the shop first to check the times

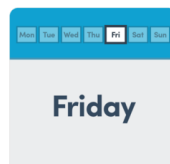
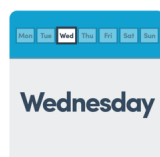
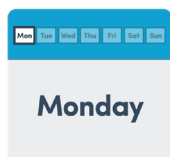
Sainsbury's



Monday, Wednesday and Friday mornings

8:00 am to 9:00 am

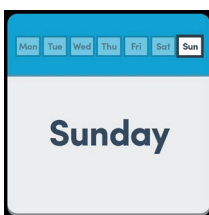
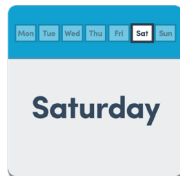
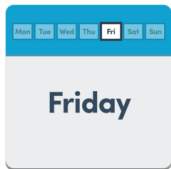
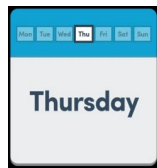
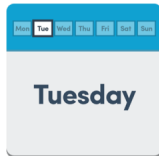
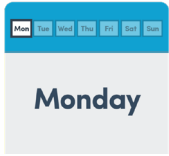
TESCO



Monday, Wednesday and Friday mornings

9:00 am to 10:00 am

Iceland



Monday, Tuesday, Wednesday, Thursday, Friday and Saturday mornings

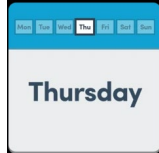
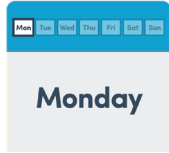
9:00 am to 11:00 am

Sunday mornings

10:00 am to 11:00 am

M&S
SIMPLY
FOOD

MARKS & SPENCER FOOD

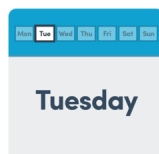


Monday and Thursday mornings

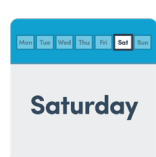
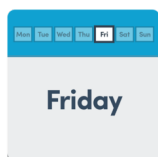
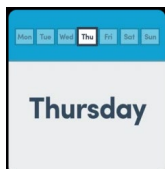
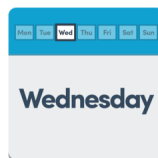


8:00 am to 9:00 am

WAITROSE
& PARTNERS



**Monday, Tuesday, Wednesday,
Thursday, Friday and Saturday**
mornings





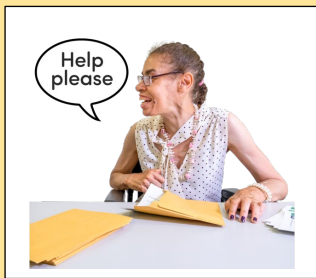
7:30 am to 8:30 am



Sunday mornings



10:00 am to 11:00 am



How to ask for help?



Show staff a Thumbs Up card

(copy of card on page 7)



Show staff a JAM card or App

Link to get card or App click [here](#)



Show staff a Sunflower Lanyard

Ask Customer Service staff in the Supermarket for a Sunflower Lanyard

Wash your hands



Remember to **wash your hands when you get home** from shopping

Help if you don't have money for food



You can **get food from food banks** if you don't have any money for food



Phone the **Adults CarePoint** to find out about food banks near you

01243 642121



Food bank information

01722 580 180

<https://www.trusselltrust.org/>

Based on original information from Brighton and Hove Council and adapted for West Sussex residents.

Things are changing very quickly so if you can, phone services to check the information in this leaflet is correct.

In addition, the information does not constitute a recommendation or endorsement of any organisation, resource or website listed.



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