

Kanata North Grocers & Pharmacies Online ordering and Delivery options		Store Services			Independent Delivery ¹		
		Online					
Service	Stores	Order	Pickup	Delivery ¹	instacart	inabuggy	
Food							
PCExpress	Loblaws, Real Canadian Superstore, No Frills, Independent, Value Mart, Wholesale Club, Fortinos, Zehrs, City Market	✓	✓	✓	✓		
Sobeys	Sobeys, Freshco, Price Chopper Foodland,	5				✓	
Metro	Metro, Super C, Food Basics	✓	✓	✓		✓	
IGA²		✓	✓	✓			
Farm Boy³		5					
Costco		✓	✓	✓		✓	
M&M Meat Shops		✓	✓		✓		
Walmart		✓	✓	✓		✓	
Pharmacy⁴							
Shoppers		✓	✓	✓	✓		
Rexall		✓	✓	✓		✓	
Costco		✓	✓	✓		✓	

1. Delivery options are based on locations serviceable in Kanata. Delivery either requires a minimum order or has a delivery charge
2. IGA only operates in Quebec
3. Farm Boy - Aside from ordering Turkey or Ham Easter dinner, Farm Boy does not provide online ordering, pickup and does not support delivery. None of the independent delivery services supports Farm Boy
4. All the Pharmacies listed provide for a common way to refill or transfer an existing prescription online. Delivery is available by Independent Delivery services.
5. Easter dinner platters or equivalent