



Supermarket shopping delivery options

April 2025

Supermarket shopping delivery options

Getting Your Food Shopping Done – Your Way

Getting out to the shops to do your food shopping in person can be really beneficial. Walking to the shops helps keep you active, carrying shopping can build strength, and it's a good way to stay connected with your community.

However, going to the supermarket isn't always practical for everyone. The good news is that there are other ways to get your food and groceries that might make things easier.

Some people who can usually get to the supermarket choose to 'mix and match' how they shop - using online supermarket delivery for heavier or bulkier items, or for things they're happy not to select themselves.

Online Supermarket Shopping

Many of the major supermarkets offer online delivery services, which you can access on a smartphone, tablet or computer. You'll find a comparison of delivery charges and minimum spend amounts on the next page of this leaflet.

If you'd like to give online shopping a go but feel unsure about how to start, you're not alone. It's very common to feel a bit daunted the first time. You could:

- Try out our online training video, [Getting started with online shopping deliveries](#)
- Ask a friend or family member to help you set it up
- Contact one of the digital support groups based in community centres around Islington

Once your usual groceries are set up in your online account, shopping the next time around becomes much quicker and easier.

Telephone Shopping Options

If you don't use the internet, it might be helpful to know that Sainsbury's and Morrisons also offer telephone shopping services, where you can place your order by speaking to someone over the phone.

Sainsbury's: call 0800 917 8557 Monday to Friday, 9am -5 pm.

Morrisons: call 0345 611 6111 and select option 5.

Digital support groups

PPCP provide 'Tech, tea and biscuits' digital support sessions in many community centres in Islington. Call 020 3298 9370 / or click to [book a 50 min one-to-one appointment](#).

Supermarket shopping delivery options

Please note that this is a guide only (April 2025)

Supermarket	Minimum Spend	Delivery Fees (Standard)	Delivery Pass Options
<u>Tesco</u>	£50	£3–£7; £5 surcharge if under £50	Anytime: £6.99/month or £7.99/month; Off-Peak: £3.99/month or £4.99/month
<u>Asda</u>	£40	£1–£6.50; £3 surcharge if under £40	Anytime: £6.95/month or £69.50/year; Midweek: £3.95/month or £39.50/year
<u>Sainsbury's</u>	£25	£1–£5.50; £7 surcharge if under £25	Anytime: £7.50/month or £80/year; Midweek: £4/month or £40/year
<u>Morrisons</u>	£25	£1.50–£6	Anytime: £8/month or £70/year; Midweek: £5/month or £40/year
<u>Iceland</u>	£25	Free on orders over £40; £3–£5 surcharge if under £40	No delivery pass available
<u>Ocado</u>	£40	£0.99–£6.99; Free on orders over £75	Anytime: £8.99/month or £89.99/year; Midweek: £3.99/month or £39.99/year
<u>Waitrose</u>	£40	£3	No delivery pass available

For more information please contact us:

020 7281 6018

gethelp@ageukislington.org.uk

