



**Ridley-Tree Cancer Center**  
at Sansum Clinic

## **Grocery Delivery and Restaurant Delivery/Take-Out Suggestions**

### **Grocery Delivery in Santa Barbara and Surrounding Areas:**

#### **Instacart**

<https://www.instacart.com>

Instacart allows you to shop local grocery stores online. Once you create your shopping list, an Instacart shopper goes to the store for you and delivers your groceries to your door. Delivery available from Gelson's, Smart & Final, Vons, Albertsons, Ralphs, Costco, Bevmo!, Sprouts, CVS and Petco.

#### **Whole Foods Market**

<https://www.wholefoodsmarket.com/grocery-delivery-and-pickup>

Home delivery available to Amazon Prime members only. Due to increased demand, new users must request an invitation.

#### **Zoomers to Boomers**

<https://www.zoomerstoboomers.com/santabarbara>

Zoomers to Boomers is a team of young volunteers looking to help our community and deliver groceries to our neighbors who are elderly or immunocompromised. No delivery fee or tips are necessary. Delivery available Monday – Friday.

#### **Foodbank Santa Barbara County**

<https://foodbanksbc.org/get-help/>

Phone: 211

The Foodbank is hosting additional food distributions in several community locations. Many locations offer a drive-thru option to minimize contact, and others are scheduling food pick-up appointments for individuals. Home delivery is available for seniors.

### **Grocery Delivery in Santa Ynez Valley:**

#### **New Frontiers**

Curbside pick up available. Text (805) 694-8987 or e-mail [orders@NFMARKET.net](mailto:orders@NFMARKET.net).



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## **Community Supported Agriculture (CSA)**

*CSAs allow community members to purchase a subscription or membership to receive weekly deliveries of fresh, seasonal produce directly from local farms. Many provide organic/pesticide free produce and optional add-ons.*

### **Edible Santa Barbara – Santa Barbara County CSAs**

<http://ediblesantabarbara.com/santa-barbara-county-csas/>

### **Local Harvest**

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

Directory of local family farms and farmers markets, along with restaurants and grocery stores that feature local food. Many business listed provide delivery options.

### **Plow to Porch**

<http://www.plowtoporch.com/>

(805) 203-6222

### **Farm Cart**

<https://www.farmcartorganics.com/>

### **Farm Fresh to You**

<https://www.farmfresh toyou.com/>

(800) 796-6009

### **Dare 2 Dream Farms**

<https://www.dare2dreamfarms.com/>

(805) 735-3233

### **The Farm Box Collective**

<https://www.thefarmboxcollective.com/>

(805) 886-6135

### **Something Good Organics**

<http://www.somethinggoodorganics.com/>

(805) 451-8451



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**Blosser Urban Garden**

<https://www.blosserurbangarden.com/>

(805) 878-1744

**Get Hooked (Seafood)**

<https://gethookedseafood.com/>

(805) 209-2019

**Restaurant Delivery and/or Take-Out:**

*These websites and mobile apps provide delivery services for multiple restaurants.*

**Grubhub**

<https://www.grubhub.com/>

**DoorDash**

<https://www.doordash.com/en-US>

**Restaurant Connection**

<https://restaurantconnections.com/>

(805) 687-9753

**SB Bites**

<https://www.sbbites.com/>

(805) 895-7005

**Uber Eats**

<https://www.ubereats.com/>

**Postmates**

<https://postmates.com/>

More information about local restaurants offering delivery and/or take-out:

<https://santabarbara.com/dining/>

<http://ediblesantabarbara.com/sb-local-food/>

<https://santabarbara.open4biz.us/>



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## Delivery of prepared meals

### **The Silver Pantry**

<http://www.thesilverpantry.com/>

(805) 419-0202

The Silver Pantry provides gourmet meals tailored to seniors and those recovering from illness, such as cancer patients or surgery. All meals are low sodium and prepared locally, and delivered fresh, never frozen. Meals are tailored to a variety of special diets and flexible delivery options are available.

### **Organic Soup Kitchen**

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

(805) 364-2790

The Organic Soup Kitchen delivers vegan Soup Meals designed to provide a full spectrum of nutrients to cancer patients. A sliding scale program is available for low-income individuals.

### **Santa Barbara Meals on Wheels**

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

(805) 683-1565

Meals on Wheels is dedicated to delivering an affordable, freshly-prepared meal 365 days a year to elderly and homebound residents of our community, providing both nutrition and personal interaction in support of their effort to live independently, with dignity.

### **Community Action Commission of Santa Barbara County**

<https://cacsb.org/low-income-assistance/in-home-meals>

North County (805) 925-3010

South County (805) 964-8857 ext. 1140

CAC's Meals on Wheels delivers daily, nutritious meals to more than 700 homebound seniors every year.



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## Delivery of meal kits

### **Sun Basket**

<https://sunbasket.com/>

(866) 786-2758

Sun Basket delivers ready to cook meal kits that include all the ingredients and recipes needed to prepare healthy meals. Weekly menus can be customized to accommodate special diets.

### **Green Chef**

<https://greenchef.com/>

(888) 236-7295

Choose from a variety of meal plans and receive pre-measured, prepped ingredients and recipes with step-by-step instructions and photos. Weekly menus can be customized to accommodate special diets.

*Disclaimer: Sansum Clinic/Ridley-Tree Cancer Center will not be held responsible for any damages as a result of using these services.*