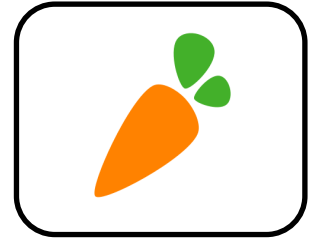




INSTACART: Groceries delivered from local stores



Now I'll admit ... I have a love/hate relationship with technology. Although I use it (as we all do) ... I'm always a little skeptical when it comes to taking advantage of all it has to offer. Recently, however, I've come across an app that I feel is worth sharing. I actually found this app through my local grocery store (Tops in Lowville).

Did you know that for as little as \$3, you can have your groceries delivered right to your door?

This app is super easy to use! Just type "your store name + delivery" in the google search box and it will bring you to a shopping page. Follow the instructions to set up log-in information, and it's ready to go. Once logged in, you're able to select the items you want, select the time you want them delivered, and then go about your day. I have personally done this 4 times now, and each of the "shoppers" have been extremely pleasant to deal with. Many of our local stores now provide this service.

So whether you're unable to drive, or you find it hard to shop because of kids or other responsibilities ... this could be the answer! I've found that it even saves me money because I stick to my list and I'm not tempted by everything in the store.



Get back into the routine of shopping for healthy food ... you won't be disappointed!

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