

Available stores and grocery stores	Telephone Number	Delivery		NOTES	Cost	
		No	Yes			
Prescott Est						
Hawkesbury	Indy-Hawks		X	Order through PC express. Must pick up outside the store		
Hawkesbury	Marché Lacroix	613-632-3141		X	Free for seniors (55+) in Hakws. Minimum 40\$	
L'Original	Marché Lacroix	613-632-3141		X	Minimum 40\$	10\$
VKH	Marché Lacroix	613-632-3141		X	Order Minimum 50\$	10\$
VKH	Foodland	613-678-6278			order by phone. Must pick up outside the store	
Chute-à-Blond.	Marché Lacroix	613-632-3141		X	Order Minimum 50\$	10\$
St-Eugène	Marché Lacroix	613-632-3141		X	Order Minimum 50\$	10\$
St-Anne	Marché Lacroix	613-632-3141		X	Order minimum 100\$	10\$
Russell North						
Rockland	Indy	613-446-7273 ext 0		X	Clients have to place order by telephone. He will deliver to seniors in Clarence Creek only	Free
Clarence	Indy Rockland			X	Clients have to place order by telephone. He will deliver to seniors in Clarence Creek only	Free
St-Pascal	Mike Dean Bourget	613-487-9822		X	No limit on the order	Free
Hammond	Mike Dean Bourget	613-487-9822		X	No limit on the order	Free
Bourget	Mike Dean Bourget	613-487-9822		X	No limit on the order	Free
Curran	Mike Dean Bourget	613-487-9822		X	No limit on the order	Free
Rockland	food basics	613-446-2825	X		See delivery services by Martin ou Cédric (see below)	
Wendover	Convenience store	613-673-5615	X		See delivery services by Martin ou Cédric (see below)	
Russell South						
Embrun	BONI CHOIX	613-443-5301		X	Place order by email at bx06554embrun@sobeys.com. Pick up outside the store. Delivery minimum order is \$50. Can deliver to Casselman for 5\$	
Embrun	INDY	613-443-3064	X		Order through PC express. Pick up outside the store.	
Russell	FOODLAND	613-445-0468	X		Place order by email: karine.boucher@sobeys.com. Payment by credit card.	
Limoges	Convenience store	613-443-1678	X		Boni Choix d'Embrun can deliver for an order of \$50. Fee of 5\$ to deliver to Casselman or Limoges.	5\$
Casselman	MÉTRO	613764-3882	X		Boni Choix d'Embrun can deliver for an order of \$50. Fee of 5\$ to deliver to Casselman or Limoges.	5\$
Casselman	NO FRILLS	1-866-987-6453	X		Boni Choix d'Embrun can deliver for an order of \$50. Fee of 5\$ to deliver to Casselman or Limoges.	5\$
Marionville	No stores				Call Cédric Gauthier 1-613-806-8091	
St-Albert	No stores				Call Cédric Gauthier 1-613-806-8092	
Prsecott West			No	Yes	DISTANCE	Cost
Fournier	VALU MART St-Isidore	613-524-2933		X	Call Honey Do Delivery 613-286-8277	Free
St-Bernardin	VALU MART St-Isidore	613-524-2933		X	Call Honey Do Delivery 613-286-8277	Free
ST-Isidore	VALU MART St-Isidore	613-524-2933		X	For seniors only, Monday to Friday, contact Guy. For approx 50\$	Free
Treadwell	No stores				Appeler Honey Do Delivery 613-286-8277	
Lefavre	No stores				Appeler Honey Do Delivery 613-286-8278	
Plantagenet	Convenience store	613-673-4448			See delivery service by Cédric Gauthier. The convenience store can prepare the order.	
Alfred	VALU MART-Alfred		X		Call Honey Do Delivery 613-286-8277	
Alfred	Marché Lacroix-Hawks	613-632-3141		X	Order minimum of 100\$.	10 \$

Delivery Service

Honey Do Delivery Martin Prévost
613-286-8277
Hawkesbury, L'Original, Vankleek Hill, Alfred, Lefavre cost 6\$-7\$-8\$
Interact machine available
He can do the order for clients.

Cédric Gauthier
1-613-806-8091
Must order online from Bon-Choix & Indépendant from Embrun, or Russell Foodland
Russell, Embrun, Limoges, St-Albert, Casselman
Customers must say if they live in a building for delivery
Cédric Gauthier can send a link so that customers without a computer can place their orders through his link