

[Albertsons](#): Albertsons will reserve every Tuesday and Thursday from 7-9 a.m. “as dedicated shopping hours have been set aside for seniors as well as at-risk populations, such as pregnant women or those with compromised immune systems.”

[Albertsons Market](#): “Every Albertsons Market store will have a dedicated shopping time from store opening until 9 a.m. on Monday and Thursday for shoppers older than 60 and guests who have compromised immune systems. We are asking our neighbors to help us provide those most vulnerable groups access to essential products.”

[Aldi](#): “On Tuesdays and Thursdays, ALDI stores will open at 8:30 a.m. and reserve the first hour of business for vulnerable shoppers. This includes senior citizens, expectant mothers and those with underlying health concerns.”

[Amigos United](#): “Beginning on Thursday, March 19, 2020, every Amigos store will have a dedicated shopping time from store opening until 9 a.m. on Monday and Thursday for shoppers older than 60 and guests who have compromised immune systems. We are asking our neighbors to help us provide those most vulnerable groups access to essential products.”

[Andronico’s Community Markets](#): “To help ensure that the most at-risk members of our community who must leave home to obtain groceries are taken care of, we are reserving from store opening to 9 AM on Tuesdays and Thursdays for them. During those times, we ask that you avoid shopping so that the stores can be available for senior citizens, and other at-risk members of our community such as pregnant women or those with compromised immune systems.”

[Balducci’s](#): The company announced that “We are reserving the first hour of shopping for our elderly and high-risk guests.” [Click here to check local store hours.](#)

[Bashas’ Supermarkets](#): Bashas’ announced it will reserve the hour of 5-6 a.m. on Wednesdays for senior citizens ages 65 and older.

[Big Lots](#): “All of our stores are reserving the first hour of each day for our senior citizens and those most vulnerable to this virus.”

[BI-LO](#): “Our stores and pharmacies will dedicate the hours of 8 a.m. to 9 a.m., Monday – Friday, to seniors and those most at risk of COVID-19.”

[BJ’s Wholesale Clubs](#): “Clubs will have a designated shopping hour every day from 8 a.m. to 9 a.m. for our members 60 and over. Clubs will open at 9 a.m. for the rest of our members.”

[City Market](#): “Starting March 20, we are dedicating special shopping hours for seniors (60+) and other higher-risk customers, as defined by the CDC (Centers for Disease Control and Prevention). Our associates will happily assist anyone who needs additional help while shopping. We encourage all customers to respect this special time as we work to protect our community. Thank you for shopping with us!”

[Coles supermarkets](#): “Community hour is held from Monday to Friday from 7 a.m. to 8 a.m. in all Coles supermarkets, with access exclusively for elderly customers and others in need of assistance. To enter the store, customers simply need to present a government-issued identification card.”

[Community Markets](#): Community Markets is designating time before 8 a.m. as a “Priority Shopping Window” for “those at highest risk.”

[Costco](#): Costco will open its doors to members 60 years and older every Tuesday and Thursday from 8 a.m. to 9 a.m. beginning March 24.

[Country Grocer](#): The store will have special shopping hours for seniors and the “immune-compromised” from 7 a.m.-8 a.m.

[Cub Foods](#): “We welcome health care professionals, first responders, the elderly and high-risk customers to shop from 6 a.m.-7 a.m. to provide proper social distancing. We ask that all others wait to shop until after 7 a.m. to help keep everyone safe.”

[Dollar General](#): “On March 17, we began senior store hours, which are designed to allow some of our most vulnerable neighbors the ability to shop during the first hour that our stores are open to avoid busier and more crowded shopping periods. For customers who can wait an hour, we strongly encourage you to plan your shopping accordingly to help support our at-risk customers.”

[Fareway Meat & Grocery](#): The company announced that 8 a.m.-9 a.m. Monday through Saturday will be special shopping hours for those 65 and older “or with increased susceptibility to serious illness and expecting mothers.” This is in effect for Monday through Saturday.

[Fry’s Food Stores](#): Fry’s will dedicate the first shopping hour from 7-8 a.m. on Mondays, Wednesdays and Fridays to senior shoppers, expectant mothers, first responders and those with compromised immune systems.

[Food 4 Less](#): Food 4 Less will dedicate the first shopping hour from 7-8 a.m. on Mondays, Wednesdays and Fridays to senior shoppers, expectant mothers, first responders and those with compromised immune systems.

[FoodMaxx](#): “We are opening at 6 a.m. to 9 a.m. to serve seniors and those with compromised health – normal operating hours to resume at 9 a.m.”

[Foods Co.](#): Foods Co. will dedicate the first shopping hour from 7-8 a.m. on Mondays, Wednesdays and Fridays to senior shoppers, expectant mothers, first responders and those with compromised immune systems.

[Food Town](#) (Houston): The company “will open our doors from 7 a.m.– 8 a.m. to allow those 65 and older to shop.”

[Fred Meyer](#): Kroger will dedicate the first shopping hour from 7-8 a.m. on Mondays, Wednesdays and Fridays to senior shoppers, expectant mothers, first responders and those with compromised immune systems.

[Fresco y Mas](#): “Our stores and pharmacies will dedicate the hours of 8 a.m. to 9 a.m. Monday – Friday, to seniors and those most at risk of COVID-19.”

[The Fresh Market](#): Fresh Market is “designating special shopping hours for seniors and other individuals most at risk” from 8 a.m.-9 a.m. Monday through Friday.

[Gelson’s](#): Seniors 65 and older can shop from 7 a.m.-8 a.m. every day.

[Gerbes](#): Gerbes will dedicate the first shopping hour from 7-8 a.m. on Mondays, Wednesdays and Fridays to senior shoppers, expectant mothers, first responders and those with compromised immune systems.

[Giant Food](#): “Every store in our operating areas will reserve 6 a.m.-7 a.m. every day of the week for this vulnerable population to shop and practice social distancing.”

[Haggen](#): Haggen will reserve every Tuesday and Thursday from 7-9 a.m. “as dedicated shopping hours have been set aside for seniors as well as at-risk populations, such as pregnant women or those with compromised immune systems.”

[Hannaford Supermarkets](#): “Tuesday through Thursday mornings from 6 a.m.-7 a.m. will be reserved exclusively for customers 60+ and individuals identified by the CDC as being high-risk.”

[Harris Teeter](#): Harris Teeter will dedicate the first shopping hour from 7-8 a.m. on Mondays, Wednesdays and Fridays to senior shoppers, expectant mothers, first responders and those with compromised immune systems.

[Harveys Supermarket](#): “Our stores and pharmacies will dedicate the hours of 8 a.m. to 9 a.m., Monday – Friday, to seniors and those most at risk of COVID-19.”

[H-E-B](#): “As we continue to find ways to support Texans and our most vulnerable populations, H-E-B and Favor Delivery are piloting our Senior Support Line, a new delivery program designed to offer a safer solution for seniors (60+) across Texas. Starting 3/20, seniors can place orders from a curated list of essentials via a phone line, the Favor app, or at [favordelivery.com/seniors](https://favordelivery.com/seniors). The line will be staffed with volunteers to accept/process home delivery orders via phone daily from 9 a.m.-1 p.m. To access, call 1-833-397-0080. All fees will be waived for the first 30 days, with a \$10 tip included in the order for the Favor Runner.”

[Hy-Vee](#): “All Hy-Vee stores will reserve one hour of shopping time each day for customers at higher risk for illness. Customers age 60 or older, expectant mothers and anyone with an underlying health condition that makes them more vulnerable to illness can shop from 7 a.m. to 8 a.m., seven days a week, at any Hy-Vee store. All other customers – please visit us during our new store hours of 8 a.m. to 8 p.m.”

[Jay-C Food Stores](#): Jay-C Food Stores will dedicate the first shopping hour from 7-8 a.m. on Mondays, Wednesdays and Fridays to senior shoppers, expectant mothers, first responders and those with compromised immune systems.

[Jewel-Osco](#): Jewel-Osco will reserve every Tuesday and Thursday from 7-9 a.m. “as dedicated shopping hours have been set aside for seniors as well as at-risk populations, such as pregnant women or those with compromised immune systems.”

[King Soopers](#): “Exclusive shopping for seniors 60 and older will be held from 7 a.m. – 8 a.m., Monday, Wednesday and Friday.”

[Kings Food Markets](#): Kings Food Markets is “reserving the first hour of shopping for our elderly and high-risk guests.” See [local stores for hours](#).

[Kroger](#): Kroger will dedicate the first shopping hour from 7-8 a.m. on Mondays, Wednesdays and Fridays to senior shoppers, expectant mothers, first responders and those with compromised immune systems.

[Loblaws](#): “To make sure our stores are well stocked and sanitized, and to give our colleagues a well-deserved break, we’re adjusting our hours to 8 a.m. to 8 p.m. We will continue to offer the dedicated shopping hour for seniors and those needing more assistance from 7 a.m. to 8 am. Thank you for your understanding.”

[Lucky’s](#): Lucky’s will reserve every Tuesday and Thursday from 7 a.m. to 9 a.m. “as dedicated shopping hours have been set aside for seniors as well as at-risk populations, such as pregnant women or those with compromised immune systems.”

[Mariano’s](#): Mariano’s will be adjusting its hours to “give senior citizens, expectant mothers and first responders the opportunity to shop without the rush.”

[Market 32](#): “All stores will pre-open exclusively to seniors from 6 a.m.-7 a.m. each and every day.”

[Market Basket](#): Market Basket has set aside the hours of 5:30 a.m.-7 a.m. Tuesday, Wednesday and Thursday “to accommodate the needs of our customers 60 and older. ... The stores will be open ONLY to serve customers 60 and older.”

[Market Street](#): Market Street will reserve every Tuesday and Thursday from 7 a.m.-9 a.m. “as dedicated shopping hours have been set aside for seniors as well as at-risk populations, such as pregnant women or those with compromised immune systems.”

[Meijer](#): “Meijer stores and pharmacies will provide dedicated shopping times for senior citizens and customers with chronic health conditions on Tuesdays and Thursdays from 7-8 a.m. local time.”

[Metro Market](#): Metro Market will dedicate the first shopping hour from 7 a.m.-8 a.m. on Mondays, Wednesdays and Fridays to senior shoppers, expectant mothers, first responders and those with compromised immune systems.

[Mother’s](#): A “Safe Shop” hour will be held every Wednesday beginning at 6 a.m. “to accommodate only people who fall into high-risk populations – elderly, disabled, those with compromised immune systems, chemo patients, etc.”

[Ollie’s Bargain Outlet](#): Seniors and “those with compromised immune systems” can shop Monday-Saturday from 9-10 a.m. and Sunday from 10-11 a.m.

[Owen’s Market](#): Owen’s Market will dedicate the first shopping hour from 7 a.m.-8 a.m. on Mondays, Wednesdays and Fridays to senior shoppers, expectant mothers, first responders and those with compromised immune systems.

[Pavilions](#): Pavilions will reserve every Tuesday and Thursday from 7 a.m.-9 a.m. “as dedicated shopping hours have been set aside for seniors as well as at-risk populations, such as pregnant women or those with compromised immune systems.”

[Pay-Less Super Markets](#): Pay-Less will dedicate the first shopping hour from 7 a.m.-8 a.m. on Mondays, Wednesdays and Fridays to senior shoppers, expectant mothers, first responders and those with compromised immune systems.

[PCC Community Markets](#): “In order to remain available to the most vulnerable members of our community, we are reserving the first hour of business at each PCC store for those who are age 60 or older, pregnant or otherwise at high risk of infection. If you do not fall into any of these categories, we invite you to shop with us starting at 8 a.m. each day.”

[Pick ‘N Save](#): Pick ‘N Save will dedicate the first shopping hour from 7 a.m.-8 a.m. on Mondays, Wednesdays and Fridays to senior shoppers, expectant mothers, first responders and those with compromised immune systems.

[Price Chopper Supermarkets](#): “All stores will pre-open exclusively to seniors from 6 a.m.-7 a.m. each and every day.”

[Publix](#): Publix is offering special hours for customers age 65 and older on Tuesdays and Wednesdays from 7 a.m.-8 a.m.

[QFC](#): QFC will dedicate the first shopping hour from 7 a.m.-8 a.m. on Mondays, Wednesdays and Fridays to senior shoppers, expectant mothers, first responders and those with compromised immune systems.

[Quality Foods](#): “Out of consideration for our customers who are older or may have compromised immune systems, we kindly ask our customers to consider shopping after 8 a.m. to allow these dear folks to shop first between the hours of 7 a.m. and 8 a.m. We know that everyone has different circumstances, so we are simply making a neighborly request.”

[Ralphs](#): “Seven days a week, we’re reserving the first half-hour of shopping time, from 7-7:30 a.m., for customers ages 65 and up. Our stores will still be open to customers of all ages from 7:30 a.m.-8 p.m.”

[Randalls](#): “We have reserved special times for seniors and other vulnerable shoppers who must leave home to obtain their groceries unless otherwise locally mandated. We ask that you avoid shopping on Tuesdays and Thursdays from 7 a.m. to 9 a.m. so that the stores can be available for them.” [Roses](#)

[Discount Stores](#): “We’re dedicating the first hour we’re open each day to the shopping needs of our seniors and at-risk customers.” [Rouses Supermarkets](#): Rouses has modified store hours, opening at 7 a.m. and closing at 8 p.m. It has not announced special hours for seniors or at-risk customers. [Safeway](#): “We have also reserved special times for seniors and other vulnerable shoppers who must leave home to obtain their groceries unless otherwise locally mandated. We ask that you avoid shopping on Tuesdays and Thursdays from open time to 9 a.m. so that the stores can be available for them.”

[Sam’s Club](#): “Starting this Thursday, March 26, Sam’s Club locations nationwide will offer early shopping hours every Tuesday and Thursday from 7 a.m. to 9 a.m. for seniors and those with disabilities or compromised immune systems. This includes our pharmacy and optical centers and will last until further notice.”

[Sav-Mart](#): “We are currently working on a plan to be able to bring parts or items to your car if you are over 60 or have health issues that put you at risk. We will give you details as soon as management puts this into action.”

[Save-On-Foods](#): “All stores will open from 7 a.m. to 8 a.m. for seniors, people with disabilities and those most vulnerable to shop in a less hectic environment and allow for social distancing, as recommended by health officials. Save-On-Foods is also encouraging those customers who can shop in-store to do so and leave the online shopping services available to those who are not able to get to the store, including

seniors, people with disabilities and those who are ill or self-isolating during these unprecedented times.”

[Schnucks](#): The company has reserved “the first shopping hour of the day, from 6 a.m.-7 a.m., for senior customers (age 60+) and for those who, due to underlying health conditions, are most at risk for COVID-19.”

[Sedano’s](#): The company says that the hour of 7 a.m.-8 a.m. “every morning is reserved for our seniors and others who are at higher risk.”

[Shaw’s](#): “We ask that you avoid shopping on Tuesdays and Thursdays from 7 a.m. to 9 a.m. so that the stores can be available” for senior shoppers.

[Shoppers Drug Mart](#): “Shoppers Drug Mart is dedicating the first opening hour of shopping at our stores to our customers who need assistance or consideration, including seniors and people living with disabilities. We encourage you to check with your local store to confirm operating hours. Shoppers Drug Mart will also offer the 20% Seniors Day discount on regular priced items for the first hour each day every day. This is in addition to Seniors Days each Thursday.”

[Smart & Final](#): “Effective March 18, we are opening 30 minutes early, from 7:30 a.m. -8 a.m. to accommodate shoppers aged 65 years or older and customers with disabilities.”

[Smith’s Food and Drug Stores](#): “Smith’s Food & Drug Stores will dedicate the first hour on Mondays, Wednesdays and Fridays from 7 a.m.-8 a.m. solely to the shopping needs of senior citizens until further notice. Each store will have staff on hand to help those who need special accommodations.” [Sobeys](#): “We introduced Senior Shopping Hour for the first hour of the day at our stores, providing the most vulnerable among us with a dedicated time to shop for goods.” Check with local stores for more information. [Star Market](#): Star Market will reserve every Tuesday and Thursday from 7 a.m.-9 a.m. “as dedicated shopping hours have been set aside for seniors as well as at-risk populations, such as pregnant women or those with compromised immune systems.” [Stater Bros. Markets](#): “All 169 Stater Bros. Market locations will open at 7:45 a.m. for senior shopping (65+).”

[Stop & Shop](#): The company said it will “open earlier every day to serve customers who are age 60 and over only.” The special hours were listed as 6 a.m.-7:30 a.m.

[Target](#): The first hour of Wednesday’s Target shopping hours will be available only for “vulnerable guests – including elderly and those with underlying health concerns.”

[Tom Thumb](#): Tom Thumb will reserve every Tuesday and Thursday from 7 to 9 a.m. “as dedicated shopping hours have been set aside for seniors as well as at-risk populations, such as pregnant women or those with compromised immune systems.”

[Trader Joe’s](#): While some locations may be offering special early-morning hours, the company has not announced special shopping hours for all its stores. [Trucchi’s Supermarkets](#): “Senior (shopping) hours of 6 a.m.- 7 a.m. will remain intact Tuesday through Saturday.”

[United Supermarkets](#): United Supermarkets will reserve every Tuesday and Thursday from 7-9 a.m. “as dedicated shopping hours have been set aside for seniors as well as at-risk populations, such as pregnant women or those with compromised immune systems.”

[Vallarta Supermarkets](#): “All Vallarta Supermarket locations will be open from 7 a.m.-8 a.m. for those 65+ years old, pregnant women, and those with disabilities.”

[Vons](#): Vons will reserve every Tuesday and Thursday from 7 to 9 a.m. “as dedicated shopping hours have been set aside for seniors as well as at-risk populations, such as pregnant women or those with compromised immune systems.”

[Walgreens](#): Walgreens is offering free shipping for seniors, expanded drive-thru services for seniors and a seniors-only hour in stores from 8-9 a.m. every Tuesday. “Senior hours are available to senior citizen customers and patients age 55 and over every Tuesday ... from 8 a.m. to 9 a.m. until further notice by Walgreens. Pharmacy hours may vary by location.”

[Walmart](#): Walmart will hold “an hour-long senior shopping event every Tuesday for customers aged 60 and older.” Walmart U.S. stores have adjusted operating hours to 7 a.m. to 8:30 p.m. Stores that open later than 7 a.m. will continue their regular starting hours.

[Whole Foods Market](#): “All Whole Foods Market stores in the U.S. and Canada will service customers who are 60 and older one hour before opening to the general public, under the new adjusted hours posted on the store’s web page.” Individual stores may offer special hours to at-risk customers, as well as pregnant women. Call your local store for information.

[WinCo](#): “Effective the week of March 21, 2020, WinCo will offer a temporary special shopping hour for seniors (60+), vulnerable populations and WinCo employee owners from 6 a.m. to 7:30 a.m. on Tuesdays and Thursdays. Please observe social distancing guidelines.”

[Winn-Dixie](#): “Our stores and pharmacies will dedicate the hours of 8 a.m. to 9 a.m., Monday – Friday, to seniors and those most at risk of COVID-19.”