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Food Access - Groceries

As the editor for the Monterey News, I thought I would post information I’ve collected to day on food access. I am posting this on the Monterey-Community google group as well.

Restaurants

Some restaurants have closed, but many are offering take-out service. Consider the value of patronizing area restaurants so they will still be in business when this threat has passed. Contact them directly for their menus.

Individual Vendors

Farm New Marlborough: Tom Brazie produces meats and some prepared foods. Their farm store is now closed but will deliver. “Please take advantage of our delivery service on Tuesdays and Thursdays. If interested in placing an order for delivery please go to our website the farmnm.com. We have included a farm store collection to expand the goods we are able to provide to our community and will continue to increase essential product availability through the farm.” Phone: 413-229-2350

Travis Brecher: A baker in Mill River. His store is closed but will deliver weekly. Email contact: travis.brecher@gmail.com. Travis does not wish to publish his phone number. He also accepts Venmo for payment.

Berkshire Organics: They come through Monterey once a week with boxes of food that can be customized by pre-ordering. Berkshireorganics.com/. No response to my request for a phone number.

Mill River Farm/Equinox organics: (From a reader) They have a variety of fresh organic greens(pea shoots, kale, spinach, arugula, mescaline), organic sweet carrots, dried beans, chickens, bacon, etc., organic honey, honey products and surprise items from time to time. They have a shed on their farm located on Hayes Hill Road in Mill River. It is the honor system and open 24/7. Their website is millriverfarm.org. Check or cash put into a locked metal box.

North Plain Farm: The farm produces a variety of meats, and maintains a store featuring food from other producers. It is located at 342 North Plain Road (Rt 41 north from Great Barrington). They advertise free delivery with a $50 order. northplainfarm.com/ 413-429-6598

Berkshire Grown: Berkshire Grown is a association of small farms and food producers. The have a list of farms, their products, and contact information. Click on “How to Support Local Farms from a Distance.” berkshiregrown.org

Rawson Brook Farm: Susan Sellew has closed the self-serve store at the farm.

Delivery Service

A note about delivery service: Order in advance of immediate needs as delivery may take several days depending on vendors.

The Berkshire Valet: Offering grocery delivery from Guido’s in Great Barrington. All ordering and payment, including gratuity, is done online. We do your shopping as if it were ours.  If we have a question, we call or text. We are offering this service at special pricing— $10 for delivery, plus 3% to cover credit card fees. We also offer add on services such as going to the Coop $10 and Great Barrington Bagels $10 (just add to special notes). Soon we will be offering “Heat and Eat” deliveries through collaborations with Berkshire Mountain Bakery and Farm Stand Soups. Most questions can be answered by going to the FAQ section at theberkshirevalet.com. If you have additional questions, please call Kim, at 917-242-9001

Instacart: Instacart works with Price Chopper, Big Y, and CVS. Go to instacart.com. Pick the store you wish to order from, and then build a cart by viewing specific items. The Big Y online store was extensive, with opportunities to choose replacement items if your preferred item is unavailable. There are some minimal service charges applied, as well as an option to add a gratuity for the driver (as you would do in a restaurant). They will give you delivery time options which may be several days later.

Grocery Store service

It is generally advised to have only one family or household member shopping at a time to reduce the number of people in the stores, which allows for more social distancing.

Price Chopper curbside service: Curbside service is offered through Instacart (see above.) Go to instacart.com to place an order and arrange time for pickup. Price Chopper has dedicated parking spaces for curbside pickup and carts will be brought to your car. They have also opened the store from 6 a.m. to 7 a.m. exclusively for seniors and disabled, close at 10 p.m. Price Chopper has an in-store pharmacy as well. 413-528-8415. 413-528-2408

Big Y: in Great Barrington. Big Y has Instacart service (see above). Not sure if this includes curbside delivery. Hours are 8 a.m. to 8 p.m., with exclusive shopping for seniors and immuno-compromised from 7 a.m. to 8 a.m.

Big Y also has an in-store pharmacy. Big Y in GB, 413-528-1314

Guido’s Fresh Marketplace, Great Barrington. Beginning Monday, March 23, Guido’s will reserve their first hour, 9 a.m. to 10 a.m., for seniors and immuno-compromised customers. As of this writing they are working on establishing a curbside pickup service. They are monitoring numbers of people in the store to provide for social distancing, so some waiting outside may be necessary. Hours are 9 a.m. to 6 p.m., closed Sundays.

guidosfreshmarketplace.com, GB phone number 413-528-9255

Berkshire Coop: The Berkshire Coop is open from 8 a.m. to 8 p.m. They also offer curbside pickup by filling out an online order form for up to twenty items. Orders must be made by 10 a.m. for pickup no later than 4 p.m. They take credit card or owners tab number over the phone. berkshire.coop, go to “Shop” for information and the order form. 413-528-9697 (Note: The Berkshire Valet will pickup orders at the Coop for home delivery. See above.)

A few thoughts about shopping safety and gloves.

I am no expert, but here are a few thoughts.

1. Shop efficiently and infrequently. Only one household person in a store at a time.

2. Wear gloves, and have a few replacement pair in your car. When you exit the store, load your car, and then remove your gloves and place them in the car.

3. When you are in your own car, and have taken precautions, you probably don’t need to continue wearing gloves. Wear gloves at the gas pump!

4. When you unload your groceries, switch to different gloves.

5. Remember that the virus can remain active on softer surfaces (cardboard, paper) for a day, and on hard surfaces (metal, plastics, etc.) for up to three days.

6. Consider wiping down freezer items with a quick sanitizer wipe. Leave in the freezer for two or three days as the virus won’t survive that. If eating packaged meats soon, be sure to wash hands after unwrapping and discarding packaging.

7. Pre-packaged items—quarantine them. Leave them in your shopping bag for up to three days if you can, in a place where they can sit without handling.

8. For packaged items you need to use soon, consider washing them with soap and water.

9. Once you’ve stored your purchases, wash your hands. And either wash your gloves, or quarantine them along with your food.

10. Remember when you are using gloves that you still have to avoid any contact with your face!

11. The C.D.C. recommends twenty seconds of hand washing. Hot or cold water makes no difference, it is the exposure to soap. Don’t wash your hands under continuously running water as you will be prematurely washing the soap away.