

**EPPS COMMITTEE NEIGHBOR CARE
INSTACART HOME DELIVERY**

03/20/2020

In our area, **Instacart** handles home deliveries from the following stores: Fred Meyer, Safeway, Costco, Target, New Seasons and Petco. Instacart is an independent contractor that allows you to shop at these stores online, then sends a “personal shopper” to fulfill and deliver your order. This personal shopper goes to the store, picks up everything on your list, and then drives it to you in their own car. How to begin:

- Go to <https://www.instacart.com/> The opening page may be for a particular store, like Fred Meyer. To the left of your screen, click on a drop-down menu “STORES” and select the store you want.
- You will need to sign-up with Instacart, the process is very straight forward.
- Select the store you want and begin shopping Understand that Instacart has nothing to do with how the prices are set. Typically, you might have to pay a little more for most items through Instacart than if you were shopping in real life. **NOTE: See special Fred Meyer info below.**
- Right now, lots of products may not be available. The app and website usually does a good job to warn you if something is low or out of stock, but know that you might not receive everything you request in your order. (Your total price will be corrected to accurately reflect what you did receive.)
- Delivery costs are typically about \$10.00
- You can opt to have items left at your door which is what you SHOULD do!
- You can choose a delivery day and time window but BE FLEXIBLE!
- **ABOUT TIPPING:** Tips are strongly encouraged. \$5 or 20 percent of the total bill is typical but if you are in the position to do so, you may want to consider even more. Your Instacart shopper might be taking this job because the money is desperately needed. Please, do what you can to support them.

Residents who have used Instacart have made favorable reports Personal shoppers seem to communicate very well.

FRED MEYER (FM): Some folks have found shopping on the Fred Meyer website (rather than on Instacart’s) is more user friendly. Instacart will still be delivering your items, the order is just done on the FM website. You will first need to establish an FM account:

1. Log into www.fredmeyer.com
2. Beside the Sign In button, poke the down-arrow to select “Create an Account”
3. Create account by filling in the questionnaire
4. On the sign-in page choose shopping for home delivery OR store pick-up
5. Search for specific products by clicking on the “Search Products” box