

Message to PHC Patients from Jil Feldhausen, MS RDN

Food is an essential need, both physically and emotionally. These “interesting” times make food procurement more challenging. I am going to try to provide helpful and useful information to all of you. I am constantly reviewing recommendations from trusted health advisors such as Dr. Wool, Center for Disease Control (CDC), World Health Organization (WHO), and local agencies. This is a dynamic situation so please check back frequently as I will be updating on this website and my twitter site @nutrijil on a regular basis. Dr. Wool is constantly updating the PHC website and his twitter site, @realwoolmd, with informative and quality information he feels is valuable for our patients.

Grocery stores are considered lower risk but not without risk. If you are over 60 and/or have pre-existing conditions, reducing your potential exposure is important. There are several ways that you can accomplish this. One way is to shop at special times reserved by grocery stores for seniors, and others that are considered high risk, such as immunocompromised individuals. Most stores are sanitizing extensively after closing hours, so being able to shop before the regular opening time means you are able to shop in a cleaner environment.

Here are some delivery services that are currently available:

Amazon or Instacart: These are on-line services where you can select groceries from a number of options offered on their websites. There may be a fee built into the price of the groceries, a delivery fee or a minimum price to get free delivery, or a membership fee required. It may be difficult to impossible to schedule a delivery and delays of many days to receive it. As with any shopping in this time of COVID-19 there is limited availability and selecting substitutions is time consuming and unwieldy.

Volunteer Shoppers from Local Community Organizations: A good centralized resource for available volunteer services is the Pima Council on Aging. Check their web site, pcoa.org, for available programs. The Fort Lowell Association Live-At-Home program (OFFLAH) and the Sunrise Neighborhood Assistance Program (SNAP) for the Fairfield neighborhoods have volunteers available to shop for groceries and essential supplies, as well as to perform household tasks. For OFFLAH Call 520-275-6757 or go to their website, www.oldfortlowelliveathome.org. For SNAP call 520-437-9556 or go to their website, www.sunrisesnap.org. More programs may be available in other neighborhoods, so check with the Pima Council on Aging and also check back here for updates I will be posting. Please be advised that volunteer services evaluate need on a case-by-case basis and allocate the resources they have available to meet the needs of the communities they serve.

Personal Shoppers: These are individuals who will shop for you and can customize the experience to your needs. They are usually available every day and charge a fee based on the time required for shopping and delivery. The process of selecting substitutions or cancelling items when there is not an acceptable substitution is stream-lined and efficient. Groceries are delivered to your front door. Please contact me at 520-440-0886 for a referral to Personal Shoppers that have excellent references.