



PERSONAL ESSENTIALS RESOURCES

Prior to your arrival in Canada you will need to have a plan for your personal essentials including food, toiletries, medications and all other personal necessities during your [Mandatory 14-Day Quarantine](#) as you will not be able to go out in the community to purchase food during this time. Below you will find a variety of helpful options and resources to consider in your quarantine planning.

Please note:

- The websites & food resources below have been provided to support your quarantine planning, however, are not affiliated with or monitored by Conestoga College.
- Electronic payment will be required for many of the below services, cash may not be accepted.

Prepared Meal Services & Delivery

Please note: Meals come already cooked, although you may need to re-heat (if applicable).

Company & Contact	Meal Type	Service Area
MVP Meals	<ul style="list-style-type: none"> • Lunch, Dinner, Vegan, Gluten Free, Paleo, 'Student Meal' Plan 	<ul style="list-style-type: none"> • Kitchener, Waterloo
Meal in a Jar	<ul style="list-style-type: none"> • Lunch, Dinner, Smoothies • Paleo 	<ul style="list-style-type: none"> • Kitchener, Waterloo
Tiffin Services	<ul style="list-style-type: none"> • Lunch, Dinner 	<ul style="list-style-type: none"> • Kitchener, Waterloo Cambridge

DIY Mealbox Kits & Delivery

Please note: Mealbox Kits typically come with ingredients for you to prepare & cook the meal – access to kitchen amenities is required.

Company & Contact	Meal Type	Service Area
MissFresh	<ul style="list-style-type: none"> • Breakfast, Lunch, Dinner • Dessert & Snacks 	<ul style="list-style-type: none"> • All Ontario
Good Food	<ul style="list-style-type: none"> • Lunch, Dinner 	<ul style="list-style-type: none"> • All Ontario
HelloFresh	<ul style="list-style-type: none"> • Lunch, Dinner 	<ul style="list-style-type: none"> • All Ontario
Chefs Plate	<ul style="list-style-type: none"> • Lunch, Dinner 	<ul style="list-style-type: none"> • All Ontario
Supper Works	<ul style="list-style-type: none"> • Lunch, Dinner, Smoothies, Desserts 	<ul style="list-style-type: none"> • Kitchener, Waterloo

Online Grocery / Personal Essentials & Delivery

Please note: Each company may have certain days when they deliver, be sure to plan accordingly.

Company & Contact	Service Area
Walmart Grocery	<ul style="list-style-type: none"> All Ontario
InstaCart	<ul style="list-style-type: none"> All Ontario
Vincenzo's	<ul style="list-style-type: none"> All Ontario
T & T Grocery	<ul style="list-style-type: none"> All Ontario
Zehrs	<ul style="list-style-type: none"> Kitchener, Waterloo, Cambridge, Guelph, Brantford
Voila by Sobeys	<ul style="list-style-type: none"> Kitchener, Waterloo, Cambridge
MrsGrocery.com	<ul style="list-style-type: none"> Kitchener, Waterloo, Cambridge, Guelph
Zerocery	<ul style="list-style-type: none"> Kitchener, Waterloo, Cambridge, Guelph
Homefield Foods	<ul style="list-style-type: none"> Waterloo, Guelph

Take-out Food & Delivery

Please note: Take-out food hub options are based on proximity to your location.

Company & Contact	Service Area
Skip the Dishes	<ul style="list-style-type: none"> All Ontario
Uber Eats	<ul style="list-style-type: none"> All Ontario
Zomato	<ul style="list-style-type: none"> All Ontario

Pharmacy & Medication Delivery

Please note: Each company may have certain days when they deliver, be sure to plan accordingly.

Company & Contact	Service Area
Zehrs Pharmacy	<ul style="list-style-type: none"> Kitchener, Waterloo, Cambridge, Guelph, Brantford
Walmart Pharmacy	<ul style="list-style-type: none"> Kitchener, Waterloo, Cambridge, Guelph, Brantford
Rexall Pharmacy	<ul style="list-style-type: none"> Kitchener, Waterloo, Cambridge, Guelph, Brantford