

Seniors Say:

“I am so happy with my grocery shopper; she brought everything on the list I had asked for”.

“She is a delightful young lady and I like her very much”.

Volunteers Say:

“I enjoy being able to pick up the food that she needs and likes. I have come to know the brands she prefers and the kind of produce she wants”.



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Grocery Shopping



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Grocery Shoppers are volunteers who go to a local supermarket to shop for the groceries that homebound Sudbury residents need.

The Volunteer Grocery Shopper, generally weekly, calls the senior for a list of what they need at the store. They go to the supermarket (any market in Sudbury, or the Stop and Shop in Wayland, or Market Basket in Maynard) to shop for the groceries, and then bring the groceries to the senior's home. Volunteer's DO NOT go inside, or unpack the groceries.

At the checkout, the Volunteer Grocery Shopper pays for the groceries with their own personal credit card. Once they get back to the senior's home, they show the senior the receipt, and the senior writes a check to the volunteer, for the full amount of the receipt. There is no cash exchanged and there is no fee for the service. Volunteers are not permitted to accept tips.

Do you need a Grocery Shopper?

If you need a Volunteer Grocery Shopper, please call the Sudbury Senior Center at 978-443-3055, and speak to the Coordinator of Volunteer Programs. They will explain the program in more detail, assess if you are appropriate for the program, and match you with a Volunteer Grocery Shopper.

You and your shopper will be the ones to decide the day and time that the weekly shopping will take place.



Will You Volunteer?

Grocery Shoppers participate in the program because they care about their neighbors. All the volunteers have said how much they enjoy their shopping.

All volunteers will receive training and supervision to assist them in handling any questions or problems that may arise in their role, and we try to match you with someone with whom you are comfortable.

For more information about the service, call the Sudbury Senior Center at (978) 443-3055 and speak with Sarah Green Vaswani, Coordinator of Volunteer Programs.