

## **Local and national food/drink suppliers for NHS Lothian staff valid as of 24/03/2020**

### **Supermarket times for NHS staff (bring NHS badge):**

WAITROSE - keeping a portion of essentials reserved  
M&S - 1<sup>st</sup> hour Tuesday and Friday  
TESCO - 9-10am Sunday  
SAINSBURYS - 7.30-8am Mon-Sat  
ASDA - 8-9am Mon, Wed, Friday (larger stores)  
MORRISON'S - 7-8am Mon-Sat

### **Food Delivery Companies:**

#### **Armstrongs fishmongers**

<https://armstrongsofstockbridge.co.uk/deliveries/>

**Campbell Brothers** - Meat box £40, fruit box £15

<https://www.campbellbrothers.co.uk>

**Charles Stamper** - Fruit and Veg boxes £20-25

<https://www.charles-stamper.co.uk>

**Edinburgh food delivery**- fruit, meat, veg, bakery, dairy, store cupboard

[https://edinburghfooddelivery.com/?fbclid=IwAR1IXX2OqBdFBuN3Uj7NSRoMF3qGrFOYDMfuXIF7GKTQnh2L\\_hYfW2xbqSM](https://edinburghfooddelivery.com/?fbclid=IwAR1IXX2OqBdFBuN3Uj7NSRoMF3qGrFOYDMfuXIF7GKTQnh2L_hYfW2xbqSM)

**Minus33** -Edinburgh made Gin delivered to your door.

[https://minus33.co.uk/?fbclid=IwAR3S0-rqVD6Q9\\_8IMSBLf33NhbQEJHJFcaSfV07io6oRCHAY91-pcwAT6A0](https://minus33.co.uk/?fbclid=IwAR3S0-rqVD6Q9_8IMSBLf33NhbQEJHJFcaSfV07io6oRCHAY91-pcwAT6A0)

**Milk delivers**- healthy meals, larger foods, salads, sandwiches for deliveries.

<https://milkdelivers.square.site/s/order>

**Mindful Chef** email [hello@mindfulchef.com](mailto:hello@mindfulchef.com) from your NHS email address and we'll give you a code for 30% off our healthy recipe boxes throughout this time

[www.mindfulchef.com](http://www.mindfulchef.com)

**Romaine Calm**- fruit and veg boxes:

[https://www.romainecalm.co.uk/?fbclid=IwAR1vYwggHfdHEcln\\_2yikJtMb3aKNMauxnQYMIFZz30liQgc5T\\_zFutRO5g](https://www.romainecalm.co.uk/?fbclid=IwAR1vYwggHfdHEcln_2yikJtMb3aKNMauxnQYMIFZz30liQgc5T_zFutRO5g)

**Schop**- Varying local companies from fish to veg, to coffee to beer

<https://schop.co>

**WoodFood**- home cooked meals for £5 each delivered evenings

<https://www.woodfood.co.uk/?fbclid=IwAR2YQJBTskLR78GZnkeYqx6Y7Ua8htlRB6lkKNiKdm42I52OafcYmxV9OvY>