

COWICHAN TRIBES COVID-19

Grocery, Pharmacy & Support Services



Some local stores and service providers in the Cowichan Valley who deliver or offer curbside pick-up.

Company	Address	Telephone	Hours	Delivery	Curbside Pick Up	Payment Type	*Delivery Days	Misc.
Save-On-Foods	181 Trans-Canada Hwy.	250-746-3993	7am - 10pm	No	Yes	credit/ debit card		
49th Parallel Grocery	550 Cairnsmore Stree	250-748-2412	7:30am - 9pm	*Yes	*Yes	cash credit/ debit card	*Mon., Wed. & Fri.	
Thrifty Foods	#1 - 2755 Beverly St.	250-715-2630	8am - 10pm	No	Yes	credit/ debit card		
Real Canadian Superstore	291 Cowichan Way	250-746-0529	7am - 10pm	No	Yes	credit card		
Walmart	3020 Drinkwater Rd	778-275-9479	8am - 8pm	No	Yes	credit/ debit card	*Must have acct. OR use mobile app	
The Old Farm Market	5164 Francis Street	250-748-7141	8am - 6pm	No	No	cash credit/ debit card		
Ingram Pharmacy	149 Ingram St.	250-746-5191	9am - 6pm	Yes	No	cash credit/ *debit card	Mon. - Fri.	* NO portable debit/ credit machine
I.D.A Pharmacy	330 Festubert St.	250-746-7494						

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Pharmasave Duncan	285 Craig St.	250-748-5252	9am - 6pm	*Yes	No	cash credit/ *debit card	Mon. - Fri.	*NO portable debit/ credit machine
Duncan Pharmacy-Remedy's Rx	291e Canada Ave.	250-597-4100	Mon - Fri: 9am - 5pm Sat - Sun: 10am - 2pm	Yes	No	cash/credit		
Shopper's Drug Mart	361 Trans Canada Hwy.	250-746-6118	8am - 10pm	Yes	No	cash/credit	*Must have acct.	
London Drugs	119 Trans Canada Hwy.	250-709-9910	Mon - Fri: 9am - 9pm Sat:9am-9pm Sun: 10am-8pm	*Yes	*Yes	*Credit	*Must have the London Drugs App to renew prescriptions	*cut off time is 1pm
Island Drugs	192 Kenneth St.	250-746-4680	9am - 5pm	No	No	cash credit *debit card		*NO portable debit/ credit machine
Thrifty Foods Pharmacy	2755 Beverly St.	250-715-2654	Mon - Fri: 9am - 8pm Sat - Sun: 10am - 5pm	No	*Yes	*Credit	*Must have the Pharmacy Mobile App to renew prescriptions	*Can have someone p/u for you

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Loblow Pharmacy	291 Cowichan Way	250-746-0535	Mon - Fri: 9am - 9pm Sat - Sun: 9am - 7pm	*Yes	Yes	cash credit OR debit card in store	*e-Refill Subscriber NOT available in Duncan	*Delivery up to 5kms from store
Save-On-Foods Pharmacy	181 Trans-Canada Hwy.	250-746-3993	7am - 10pm	No	No	cash credit OR debit card in store		*Can order online OR refill online OR by telephone 1-888-268-8989
Cowichan Milk Company Website	4590 Koksilah Rd.	250-710-4287		Yes				
Walmart Pharmacy	3020 Drinkwater Rd.	250-748-1226	8am - 11pm	No	Yes	credit/ debit card	*Must have acct. OR use mobile app	
Cowichan Woman Against Violence Society.	246 Evans St.	250-748-7000	Mon - Fri: 9:30am - 4pm	N/A	Yes	Yes - telephone counselling	*Limited groups, must pre-register due to COVID-19	*call to pre-register

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The Hiiye'yu Lelum Society - Better At Home	5462 Trans-Canada Hwy.	250-748-2242	*Not open to the public, accepting phone calls only	*Yes	*Yes	Yes - telephone/text counselling; medication p/up; general transportation MUST wear a mask	*If you require assistance you must call to make arrangements	
Volunteer Cowichan	135 3 St (basement suite)	250-748-2133	Mon - Fri: 9am - 4:30pm					
Cowichan Senior Community Foundation	135 Third St	250-715-6481	Mon - Fri: 8am - 3pm Sat: 1pm - 3pm					*waiting to hear back
Duncan United Church	246 Ingram St.	250-746-6043						*waiting to hear back