

# Covid-19 priority shopping times

**Sainsbury's**

Elderly & vulnerable Mon, Wed & Fri 8-9am  
NHS & social care workers Mon- Sat 7.30-8am

**TESCO**

Elderly & Vulnerable Mon, Wed & Fri 9-10am  
NHS workers with NHS ID – additional hour every Tues & Thurs and 1 hour before opening on Sunday

**ASDA**

NHS workers Mon, Wed & Fri 8-9am  
NHS workers Sun 9-10am for browsing

**Waitrose**

The 1st hour of trading (times vary by store)  
Elderly & vulnerable & those who look after them

**co  
op**

Elderly & Vulnerable, NHS workers  
Mon-Sat 8-9am, Sun 10-11am

**MARKS &  
SPENCER**

1st trading hour  
Mondays & Thursdays Elderly & vulnerable  
Tuesdays and Fridays for NHS & emergency service workers

**Morrisons**  
Since 1899

NHS workers Mon-Sat 6-7am, Sun 9-9.30am

**Iceland**

The 1st opening hour will be dedicated to elderly & vulnerable shoppers, as well as those who look after them (times vary by store)

**ALDI**

Elderly & Vulnerable Mon-Sat stores  
open 30 minutes early  
NHS/Emergency Staff – exclusive access  
30 mins before opening on Sunday

**LIDL**

Each store is setting its own rules

**Please check your local store for details.**