

From: Karyna Shuliak <[REDACTED]>

To: [REDACTED]

Subject: hope this may help:)

Date: Fri, 12 Apr 2013 01:00:37 +0000

1) whole foods: they deliver every day, you need to call this number [REDACTED], press 0 for customer service and ask for a personal shopper, they are available at the store from 9am till 6pm, they'll pick up all the items for you and deliver.

2) fresh

direct: <http://www.freshdirect.com/about/index.jsp;jsessionid=hdTtRnZWYF1tpG4kXSXzvvhR4mG2vD1W3WsnvG6DQrlN5XnvvK9!1304072484!115273933?siteAccessPage=aboutus&successPage=/index.jsp%>

3) food emporium: <http://foodemporium.apsupermarket.com/delivery>

<http://shop.mywebgrocer.com/shop.aspx?strid=49543811&catL0=570&catL1=-1&catL2=-1&catL3=-1&HasProducts=0>