



## How to access food and medicine during self-isolation

### Meal and grocery deliveries

There are a number of online food delivery companies in Leicester that you can use to order meals and groceries. The most well-known delivery companies are **Uber Eats**, **Deliveroo** and **Just Eat**, although you'll find other companies by looking online.

If you're ordering pre-prepared meals there are lots of options to choose from – including Indian, Chinese, Thai, pizza, burgers, Korean and Turkish. Some supermarkets (such as Morrisons, Co-Op and Marks & Spencer) can also deliver groceries via Deliveroo - including basics such as eggs, bread, fruit and vegetables.

### **How do I order?**

To order food delivery from Uber Eats, Deliveroo or similar you'll need to set up an account – this should only take a few minutes although you'll need to have a phone number, an email account and a payment card. You will also need to know your address and post code.

- [Uber Eats](#)
- [Deliveroo](#)
- [Just Eat](#)
- [Food Hub](#)

### **Supermarket deliveries**

The large UK supermarket companies operate online delivery services. These include Morrisons, Sainsburys, Asda, Tesco and Iceland. You'll first need to set up an account online and then select a delivery slot once you've selected and paid for your food online.

- [Morrisons](#)
- [Asda](#)
- [Sainsburys](#)
- [Tesco](#)
- [Iceland](#)

***\*Please note that supermarket delivery has become very popular since the start of Covid-19 and so you'll probably need to organise your delivery several days in advance. If you need groceries quickly, it will probably be quicker (though probably also more expensive) to order through a delivery company such as Deliveroo.\****

### **Other local restaurants, providing delivery service**

We have compiled this list as an initial guide to some of the restaurants and food outlets that might be available, though please note that they are examples only and that other restaurants providing delivery are also available. DMU has no connection with any of these restaurants and this not a recommendation to use any of these particular businesses -

- [Cedars Lebanese](#) (Middle Eastern/Lebanese)
- [Alino African](#) (African/Caribbean)
- [Cherians Food Court](#) (Caribbean/Halal/Burger/Indian)
- [Lahore Kitchen](#) (Indian/Pakistani)
- [Express Chicken and Pizza](#)
- [New Lucky Dragon](#) (Chinese)
- [Bar B Q Base](#) (burgers, wraps, chicken)
- [New Hong Kong](#) (Chinese, Thai)
- [Big John's](#) (pizza, chicken, halal)
- [Domino's Pizza](#)
- [Golden Spice Fish Bar](#) (fish & chips, curry, kebabs)
- [TJ's Burgers](#) (burgers, pizza, halal)

### **Chinese and East Asian food**

There are several local Chinese and East Asian food shops, who can arrange delivery.

Again, you will need to have a phone number, a payment card and your UK address with post code. You'll also need to make sure that you're in your accommodation when your order is delivered. [The Farmlands](#)

- [Korea Supermarket](#)
- [Hungry Panda \(App\)](#)

### **Access to medicine whilst self-isolating**

If you need regular medication, we recommend that you register with an NHS (National Health Service) doctor as soon as you are able to. You can find more information about this [here](#). If you need to arrange a regular medical prescription, you should discuss this with the health centre when you register as a patient.

Supermarkets such as Tesco and Sainsburys offer basic health supplies (such as paracetamol and ibuprofen) online. You can also order through online pharmacies, such as [Lloyds Pharmacy](#) and [Boots](#). Please note that some medicines will only be available through a prescription from a doctor.

- Guidance on Coronavirus (COVID-19) is available through the NHS [here](#).
- Access general NHS healthcare guidance [here](#).
- How to get NHS medical help, including in an emergency, [here](#).

### **Having enough food and medicine in stock**

To prevent food and medicine shortages and the risk of having to wait several days for an online delivery if you're called on to self-isolate, we recommend that you always have a few days' supply of food and medicine in stock for yourself. A helpful guide to how much you would need in stock, is the average length of time/days it would take for an online delivery via the major supermarkets and pharmacies or a family member/friend to do a food or medicine supply drop off.