

How to access food and essential services

If you have to isolate because you are a Household Contact, waiting for a test result or have symptoms of Coronavirus (COVID-19), you must isolate at home, even if you no longer have symptoms. You must not make a trip to the supermarket, visit shops or cafes, visit friends or go to work. You must isolate until you have received a negative test result or have completed the required period of isolation. You must isolate immediately after your test.

This guide will provide you with some assistance to identify what services are available to you locally.

What to do if you test positive to COVID-19 or if you've been told you are a contact

Victoria's isolation rules have changed, but some COVID-19 risks still remain.

To see what you have to do if you test positive to COVID-19, or you have been told you are a contact, you can follow the checklists and information resources at <https://www.coronavirus.vic.gov.au/checklist>

I am in quarantine – how can I access food and other essential supplies

Supermarkets, grocery stores and pharmacies are classed as essential services and most remain open although some have changed their operating hours. Many businesses across the Shire offer click and collect or home delivery services.

If you require home delivery, please ensure your pets are restrained and where possible have property access gates open for contactless delivery.

The following is a list of known local businesses offering home delivery services. If a business is not listed, please contact them direct to see if they are still operating.

FOOD		
Business	Delivery	Contact
IGA Bright	Email orders Home delivery Thursday only: Bright - \$5 (\$4 Seniors) Buckland Valley - \$8	5755 1666 bright_manager@ritchies.com.au

FOOD		
Business	Delivery	Contact
	Wandiligong - \$8 Harrietville - \$10 Smoko and Freeburgh - \$8	
Woolworths Bright	Online orders Click and collect from designated parking bays Fee for home delivery	5732 3900 www.woolworths.com.au
Bright Organics	Online and phone orders Contact via website or phone for home delivery	5750 1199 www.brightorganics.com.au
Ricardi's Alpine Gourmet Meat, Bright	Phone orders Home delivery Harrietville – Wednesday only Bright – Monday to Friday	5755 1175
FoodWorks, Mount Beauty	Monday to Friday Phone orders by 1pm same day free delivery Mount Beauty, Tawonga and Tawonga South \$10 Pick and Pack fee	5754 1400 mountbeauty.myfoodworks.com.au
Nourish Wholefoods, Tawonga South	Daily local home delivery. Pick up available with pre-order only	0427 726 228 www.nourishwholefoods.org
Tawonga South Butchery	Phone orders Home delivery	5754 1888
Vegetation, Mount Beauty	Online orders Delivery: Monday & Thursday - Bright and Surrounds Tuesday and Friday - Harrietville, Hotham and Dinner Plain	5754 4226 www.vegetation.com.au
FoodWorks, Myrtleford	Online order by 10am for same day delivery	5752 1575 myrtleford.myfoodworks.com.au

FOOD		
Business	Delivery	Contact
	Phone order by 1pm for same day delivery Deliver Monday – Friday \$10 Pick and Pack fee Free delivery Myrtleford area Click and Collect from drive through bottle shop	
Coles, Myrtleford	Online orders Click and Collect only	5752 1111 www.shop.coles.com.au
Dales Butchery, Myrtleford	Phone orders Home delivery	5752 1526
Arnolds online	Online orders Delivery: Tuesday and Thursday - Porepunkah, Myrtleford and Bright	02 6024 5211 www.arnoldsonline.com.au
Brandy Creek Supermarket, Dinner Plain	Open from 8-5 daily during winter. Operated by Omeo IGA – deliveries free over \$150.	03 5159 1210 omeofoodworks@gmail.com for more information.

PHARMACY		
Business	Delivery	Contact
Bright Pharmacy	Phone orders and scripts sent via email or fax by doctor or patient. Credit card payment over phone. Medication deliveries only Delivery Monday to Friday Bright residents only. Order by 1pm for same day delivery	Ph: 5750 1122 Fax: 5755 1029 brightpharmacy@brucerobertson.com
Mount Beauty Guardian Pharmacy	Phone orders and scripts sent via email or fax by doctor or patient. Can order non-medical supplies.	Ph: 5754 4224 Fax: 9005 2906 pharmacy@mountbeauty.com.au

PHARMACY		
Business	Delivery	Contact
	Delivery Monday to Friday: Free local delivery for vulnerable patients.	shop.mountbeautypharmacy.com.au
Chemist King, Myrtleford	Pre-order for in store pick-up Home delivery to vulnerable people in township.	5751 1222
Myrtleford Pharmacy	Phone orders and scripts sent via email or fax by doctor or patient. Free delivery to vulnerable people in township.	5752 1288 accounts@myrtpharm.com.au
Dinner Plain	No Pharmacy or delivery – Basic Medications available at Brandy Creek Supermarket.	03 5159 1210 omeofoodworks@gmail.com
Mount Hotham Medical Centre	No delivery - Basic over the counter medications available – prescription service available through Bright Pharmacy – see above.	03 5759 3551
Falls Creek Medical Centre	No delivery - Basic over the counter medications available.	05 5758 3238

Alternative Delivery Options

Local taxi services services may be able to assist with collection and contact free deliveries of pre-paid essential supplies.

Business	Contact
Bright Taxi	Ph: 0423 015 398
Mount Beauty Taxi	Ph: 0448 753 014
Myrtleford Taxi	Ph: 0427 553 330
1300 CABS – Bright & Mount Beauty Taxi	Ph: 13 2227

Where a home delivery service is unavailable and you do not have family members or friends who can help with collecting groceries or other supplies, the Community Connection Officer at Council may be able to assist in connecting you with resources to deliver to your home.

Many other resources are available to you

For a comprehensive list of resources available to you, go to Council's Community Resource Guide at www.alpineshire.vic.gov.au/community-resource-guide.

The guide is designed to provide a list of local contacts and resources to help community members in the Alpine Shire to access various supports and key services, including:

- Emergency Food Relief
- Mental Health Support
- Family Violence Support
- Financial and Legal Support

If you are looking for a service and you cannot find it, the Community Connection Officer at Council may be able to assist you and is available Monday – Friday, Ph: (03) 5755 0555.

The Coronavirus (COVID-19) Hotline is available for all Victorians 24 hours a day 1800 675 398 (press Option 4 for access to emergency food relief).