

## 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. **Please note that due to staff shortages, services may change without notice.**

FOOD		
Business	Delivery	Contact
<b>IGA Bright</b>	Email orders only by 12.00 noon Home delivery Thursday only: Bright - \$5 (\$4 Seniors) Buckland Valley - \$8 Wandiligong - \$8 Harrietville - \$10 Smoko and Freeburgh - \$8	5755 1666 bright_manager@ritchies.com.au
<b>Woolworths Bright</b>	Online orders Click and collect from designated parking bays Fee for home delivery	5732 3900 www.woolworths.com.au
<b>Bright Organics</b>	Online and phone orders available Click and collect only	5750 1199 www.brightorganics.com.au
<b>Ricardi's Alpine Gourmet Meat, Bright</b>	Phone orders Home delivery within 10km radius Monday to Friday only Click and collect available	5755 1175
<b>FoodWorks, Mount Beauty</b>	Monday to Friday Online orders preferred by 10am same day of delivery Free delivery Mount Beauty, Tawonga and Tawonga South \$10 Pick and Pack fee	5754 1400 mountbeauty.myfoodworks.com.au
<b>Nourish Wholefoods, Tawonga South</b>	Free daily local home delivery View website for other daily delivery destinations Click and collect available	0427 726 228 www.nourishwholefoods.org
<b>Tawonga South Butchery</b>	Phone orders only, day before delivery Free home delivery Tuesday and Thursday Click and collect available	5754 1888

FOOD Business	Delivery	Contact
<b>Vegetation, Mount Beauty</b>	Online orders only Delivery: Monday & Thursday – Bright, Myrtleford and surrounds, order before 1pm Tuesday and Friday - Harrietville, Hotham and Dinner Plain, order before 10am	5754 4226 <a href="http://www.vegetation.com.au">www.vegetation.com.au</a>
<b>Coles, Myrtleford</b>	Online orders Click and Collect only	5752 1111 <a href="http://www.shop.coles.com.au">www.shop.coles.com.au</a>
<b>FoodWorks, Myrtleford</b>	Online orders preferred by 10am for same day delivery Deliver Monday – Friday \$10 Pick and Pack fee Free delivery Myrtleford area Click and Collect from drive through bottle shop	5752 1575 <a href="http://myrtleford.myfoodworks.com.au">myrtleford.myfoodworks.com.au</a>
<b>Dales Butchery, Myrtleford</b>	Phone orders Free local home delivery Click and collect available	5752 1526
<b>Waitye's butchery, Myrtleford</b>	Phone orders Free local home delivery Click and collect available	5752 1329
<b>Arnolds online</b>	Online orders only the day prior to delivery Delivery: Tuesday and Thursday - Porepunkah, Myrtleford and Bright.	02 6024 5211 <a href="http://www.arnoldsonline.com.au">www.arnoldsonline.com.au</a>
<b>FoodWorks Falls Creek</b>	Order online via Mt Beauty Store by 10am, for delivery to Falls Creek. Deliveries collected from the Falls Creek FoodWorks. Click and collect available.	5754 1400 <a href="http://mountbeauty.myfoodworks.com.au">mountbeauty.myfoodworks.com.au</a>

PHARMACY		
Business	Delivery	Contact
<b>Bright Pharmacy</b>	Phone orders and scripts sent via email or fax by doctor or patient. Credit card payment over phone. <b>Medication</b> deliveries only Delivery Monday to Friday, Bright residents only. Order by 1pm for same day delivery	Ph: 5750 1122 Fax: 5755 1029 brightpharmacy@bruc robertson.com
<b>Mount Beauty Guardian Pharmacy</b>	Phone orders and scripts sent via email or fax by doctor or patient. Delivery Monday to Friday: Free local delivery for vulnerable patients.	Ph: 5754 4224 Fax: 03 9005 2906 pharmacy@mountbeauty.com.au
<b>Chemist King, Myrtleford</b>	Pre-order for in store pick-up Home delivery to vulnerable people in township.	5751 1222
<b>Myrtleford Pharmacy</b>	Phone orders and scripts sent via email or fax by doctor or patient. Free delivery to vulnerable people in township. Click and collect available	5752 1288 <a href="mailto:accounts@myrtpharm.com.au">accounts@myrtpharm.com.au</a>
<b>Mount Hotham Medical Centre</b>	Winter services only Contact Bright Medical Centre	5750 1000
<b>Falls Creek Medical Centre</b>	Winter services only Contact Mt Beauty Medical Centre	5754 3400

## Alternative Delivery Options

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

Business	Contact
<b>Bright Taxi</b>	Ph: 0423 015 398
<b>Mount Beauty Taxi</b>	Ph: 0448 753 014
<b>Myrtleford Taxi</b>	Ph: 0427 553 330
<b>1300 CABS – Bright &amp; Mount Beauty Taxi</b>	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; see below.

## 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](http://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).