Create a Routine

Wake up, Check-in with family and friends, Workout, Take a walk outside, Meditate, do Yoga, Read, Watch a TV Show, do some class work, Sleep.

FOOD OPTIONS

Click here to go to an article with a list of food options still doing delivery in Mississauga!

FOOD DELIVERY APPS

SKIP, Uber Eats, DoorDash

GROCERIES 101

Go early in the morning if possible. Check a couple recipes for the week and make a list of ingredients.

Healthy Recipes

Click here

Recipes with 30min prep time

Click here

How to get to the Groceries:

- Avoid public transport & walk instead,
- Using Uber is an option,
- Get Groceries delivered! Click here for options,