LOCAL FOOD RETAILERS			Mon	Tue	Wed	Thu	Fri	Sat	Sun	Notes
Outlet	Number	Location								
Co-op	822267	Castletown, The Parade	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	Vuln = Vulnerable
Co-op	675780	Douglas, Woodbourne Rd	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	
Co-op	663693	Douglas, Duke St	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	
Co-op	861335	Laxey, Main Rd	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	Co-ops shut for an hour at various times to replenish stock
Co-op	832253	Port Erin Station Rd	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	
Co-op	832105	PSM, Bay view Rd	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	
Co-op	813129	Ramsey, Parliament St	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	
Co-op	813228	Ramsey, Christian St	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	
Co-op	842395	Peel,Michael St	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	
Co-op	675937	Onchan, Main Rd	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	8 to 8 Vuln 9-10	
Tesco	3456779210	Douglas,Lake Rd	8 to10 Vuln 9-10	8 to 10 Vuln N/A	8 to10 Vuln 9-10	8 to 10 Vuln N/A	8 to 10 Vuln 9-10	8 to 10 Vuln N/A	10 to 4 Vuln N/A	
Shoprite	683333	Castletown, Arbory St	9 to 6	9 to 6	9 to 6	9 to 6	9 to 6	9 to 6	9 to 6	
Shoprite	683333	Douglas Vcitoria Rd	8 to 7	8 to 7 Vuln 8-9	8 to 7	8 to 7 Vuln 8-9	8 to 7	8-7 Vuln 8-9	9 to 6	NHS/Carers Mon/Wed/Fri 8 to 9
Shoprite	683333	Peel, Derby St	8 to 7	8 to 7 Vuln 8-9	8 to 7	8 to 7 Vuln 8-9	8 to 7	8-7 Vuln 8-9	9 to 6	NHS/Carers Mon/Wed/Fri 8 to 9
Shoprite	683333	Peel, Michael St	10 to 6	10 to 6		10 to 6	10 to 6	10 to 6	CLOSED	
Shoprite	683333	Port Erin, Bridson St	8 to 7	8 to 7 Vuln 8-9	8 to 7	8 to 7 Vuln 8-9	8 to 7	8-7 Vuln 8-9	9 to 6	NHS/Carers Mon/Wed/Fri 8 to 9
Shoprite	683333	Onchan, Village Walk	8 to 7	8 to 7 Vuln 8-9	8 to 7	8 to 7 Vuln 8-9	8 to 7	8-7 Vuln 8-9	9 to 6	NHS/Carers Mon/Wed/Fri 8 to 9
Shoprite	683333	Ramsey, Bowring Rd	8 to 7	8 to 7 Vuln 8-9	8 to 7	8 to 7 Vuln 8-9	8 to 7	8-7 Vuln 8-9	9 to 6	NHS/Carers Mon/Wed/Fri 8 to 9
Shoprite	683333	Ramsey, St Pauls Square	10 to 6	10 to 6	10 to 6	10 to 6	10 to 6	10 to 6	CLOSED	
Winerite	683333	Douglas, Victoria Rd	10 to 6	10 to 6		10 to 6	10 to 6	10 to 6	CLOSED	
Andreas Stores	880246	Andreas	7:30 to 8	7:30 to 8	7:30 to 8	7:30 to 8	7:30 to 8	7:30 to 8	9 to 5	Local collection/delivery service
Ballakermeen Stores	629214	Douglas,Westbourne Drive	7 to 6	7 to 6	7 to 6	7 to 6	7 to 6	7 to 6	7 to 6	Local collection/delivery service
EVF	626826	Little Switzerland	7:30 8:30	7:30 8:30	7:30 8:30	7:30 8:30	7:30 8:30	7:30 8:30	7:30 8:30	
EVF	816208	Ramsey Lezayre Rd	6:30 - 10:30	6:30 - 10:30	6:30 - 10:30	6:30 - 10:30	6:30 - 10:30	6:30 - 10:30	6:30 - 10:30	
EVF	673685	Douglas, Peel Rd	7 to 11:30	7 to 11:30	7 to 11:30	7 to 11:30	7 to 11:30	7 to 11:30	7 to 11:30	
EVF	801295	Foxdale, Main Rd	7:30to 8:30	7:30to 8:30	7:30to 8:30	7:30to 8:30	7:30to 8:30	7:30to 8:30	7:30to 8:30	
EVF	878731	Kirk Michael, A3	7:30 to 9	7:30 to 9	7:30 to 9	7:30 to 9	7:30 to 9	7:30 to 9	8 to 9	Local deliveries
EVF	862462	Laxey, New Road	7:30 to 9	7:30 to 9	7:30 to 9	7:30 to 9	7:30 to 9	7:30 to 9	8 to 9	
EVF	621181	Douglas,Bray Hill	7 to 8:30	7 to 8:30	7 to 8:30	7 to 8:30	7 to 8:30	7 to 8:30	7 to 8:30	
EVF S&S Motors	823698	Castletown,Alexander Rd	7:30 to 9	7:30 to 9	7:30 to 9	7:30 to 9	7:30 to 9	7:30 to 9	8 to 9	Local deliveries
EVF	842111	Peel, Peveril Rd	8 to 6	8 to 6	8 to 6	8 to 6	8 to 6	8 to 6	9 to 6	
Gayle's Fayre	842406	Peel, Peveril Rd	8 to 10	8 to 10	8 to 10	8 to 10	8 to 10	8 to 10	8 to 10	
Spar	613177	Govenors Hill, Douglas								
Spar	620664	Milestone, Peel Rd, Douglas	7 to 8	7 to 8	7 to 8	7 to 8	7 to 8	7 to 8	7 to 8	
Spar	670390	Clybane Rise, Farmill,Douglas	8 to 6	8 to 6	8 to 6	8 to 6	8 to 6	8 to 6	8 to 6	Local deliveries
Spar	675970	Castlemona Parade, Douglas	8 to 8	8 to 8	8 to 8	8 to 8	8 to 8	8 to 8	8 to 8	Hours likely to change
Spar	673866	Snaefell Rd, Willaston	7 to 8	7 to 8	7 to 8	7 to 8	7 to 8	7 to 8	7 to 8	Local deliveries
Spar	624848	Cushag Rd, Anagh Coar								
Spar	851284	Main Rd, Unioin Mills	7 to 8	7 to 8	7 to 8	7 to 8	7 to 8	7 to 8	7 to 8	Local deliveries
Spar	675174	Port Jack, Onchan	8 to 8	8 to 8	8 to 8	8 to 8	8 to 8	8 to 8	8 to 8	
Spar	832247	Station Rd, Port Erin	8 to 9	8 to 9	8 to 9	8 to 9	8 to 9	8 to 9	8 to 8	
Spar	813883	Parliament S,t Ramsey	10 to 4	10 to 4	10 to 4	10 to 4	10 to 4	10 to 4	10 to 2	
Spar	838461	Main Rd, Colby	8 to 8	8 to 8	8 to 8	8 to 8	8 to 8	8 to 8	8 to 8	Local deliveries
Spar	827055	Airport Garage, Ballasalla	8 to 7	8 to 7	8 to 7	8 to 7	8 to 7	8 to 7	9 to 6	
Spar	842729	Atholl St, Peel	7 to 8	7 to 8	7 to 8	7 to 8	7 to 8	7 to 8	7 to 8	Local deliveries
Spar	897232	Station Rd, Ballaugh	9 to 6	9 to 6	9 to 6	9 to 6	9 to 6	9 to 6	9 to 6	Local deliveries
Spar	674694	Strand St, Douglas	10 to 2	10 to 2	10 to 2	10 to 2	10 to 2	10 to 2	10 to 2	
Spar Whilos	629663	Bucks Rd, Douglas	7 to 10	7 to 10	7 to 10	7 to 10	7 to 10	7 to 10	8 to 8	
Spar Hanlys	665418	Westmorland Rd, Douglas	8 to 6	8 to 6	8 to 6	8 to 6	8 to 6	8 to 6	10 to 5	
Spar	673762	Alder Rd, Pulrose	8 to 8	8 to 8	8 to 8	8 to 8	8 to 8	8 to 8	8 to 8	Local deliveries
Spar	824801	Clagh Vane, Ballasalla	7 to 8	7 to 8	7 to 8	7 to 8	7 to 8	7 to 8	7 to 8	Local deliveries
*Spar opening soon		Ray Motors, Ramsey								
Spar	851293	Crosby Pub Crosby	9 to 7	9 to 7	9 to 7	9 to 7	9 to 7	9 to 7	9 to 7	
Marks & Spencers	621268	Drumgold St, Douglas	8 to 6 Vuln 8-9	8 to 6	8 to 6	8 to 6 Vuln 8-9	8 to 6	8 to 6	9 to 5	NHS Staff first hour Tues/Fri
Newsbeat	675368	Bucks Rd, Douglas								
Newsbeat	678550	IoM Business Park								
Newbys	672519	Glen Falcon Rd, Douglas	7 to 10	7 to 10	7 to 10	7 to 10	7 to 10	7 to 10	7 to 10	Local deliveries
Newbys	622836	Balla Quayle Rd, Douglas	7 to 10	7 to 10	7 to 10	7 to 10	7 to 10	7 to 10	7 to 10	Local deliveries IM2-IM4 /Onchan
Strang Stores	852274	Strang Rd, Braddan	7:30 to 9	7:30 to 9	7:30 to 9	7:30 to 9	7:30 to 9	7:30 to 9	8 to 8	Local deliveries - Order through facebook
Calvert Newsagents	833118	Bay View Rd, PSM	7:30 to 6	7:30 to 6	7:30 to 6	7:30 to 6	7:30 to 6	7:30 to 1	8 to 1	Essential supplies
Close Leece Farm Shop	307200	Patrick Rd, St John's	9 to 5	9 to 5	9 to 5	9 to 5	9 to 5	9 to 5	9 to 5	Local deliveries
T W Quayle	878256	Main Rd,Kirk Michael	7 to 7:30	7 to 7:30	7 to 7:30	7 to 7:30	7 to 8:30	7 to 8:30	7 to 1	Ring ahead for box to be made up, pay over phone, collect at the back
Tynwald Inn Shop/Pub	803068	Main Rd, St Johns	8 to 7	8 to 7	8 to 7	8 to 7	8 to 7	8 to 7	9 to 12	Local deliveries
Howard's Convenience	675258	Windsor Rd, Douglas	8 to 9	8 to 9	8 to 9	8 to 9	8 to 9	8 to 9	9 to 7	
Robinson's	622285	Woodbourne Rd, Douglas	8 to 7	8 to 7	8 to 7	8 to 7	8 to 7	8 to 7		
Robinson's	690000	Cooil Rd, Douglas	9 to 4	9 to 4	9 to 4	9 to 4	9 to 4	9 to 4		Home delivery care box
Ballachrink Stores	678272	Ballachrink Drive, Onchan	7:30 to 9	7:30 to 9	7:30 to 9	7:30 to 9	7:30 to 9	8:30 to 9	9 to 9	Local deliveries
Corkhills Garage	613833	Main Rd, Onchan	7 to 9	7 to 9	7 to 9	7 to 9	7 to 9	7 to 9	7 to 9	Local deliveries
Station Garage	823211	Victoria Rd,Castletown	7 to 7:30	7 to 7:30	7 to 7:30	7 to 7:30	7 to 7:30	7 to 7:30	8 to 7:30	
Sandygate Farm Shop	484474	Laxey Beach Stop Café	N/a	N/a	N/a	N/a	N/a	N/a		Boxes delivered to Andreas,Ramsey, Laxey, Lonan and Baldrine
Ye Olde Bakery	822949	Main Rd,Ballasalla	7:30 to 6	7:30 to 6	7:30 to 6	7:30 to 6	7:30 to 6	7:30 to 6	7:30 to 6	