



# The COVID-19 Tip Sheet

## Intent

Similar to the Cheap Sheet, the COVID-19 Tip Sheet is a document which lists free or cheap resources at McGill and on the island of Montreal during this difficult time. This initiative is part of our Frugal Scholar Money Management Program, which aims to help students with budgeting and to promote financial wellness. All the information in this document was compiled by our Financial Aid Counsellors and your fellow students.

## Disclaimer

The purpose of this document is to provide frugal ideas to students living on the island of Montreal. The Scholarships and Student Aid Office is not affiliated with nor paid to endorse the services, businesses, and companies listed in this document. All the prices and services listed in this document are subject to change without the knowledge of the Scholarships and Student Aid Office. [As government regulations](#) are updated frequently, please call businesses and services if you have questions about their operations.

If you are ill or have [symptoms](#) (cough, fever, difficulty breathing), please stay home and call [1-877-644-4545](tel:1-877-644-4545). For updated information about COVID-19, please go to [the Government of Canada website](#).

If you have urgent financial concerns, please refer to our [COVID-19 FAQ](#) webpage.

The Quebec government has placed a mandatory curfew between **9:30 p.m. to 5:00 a.m., which will be lifted as of May 28, 2021**. For more details, please visit the [government website](#).

## Groceries around campus

[Physical distancing](#) measures are in place at grocery stores. Delivery options may be available, but there may be wait times and additional delivery charges. Wearing [a mask or a face covering that covers the nose and mouth](#) is mandatory while in enclosed or partially enclosed spaces. Please check their website for more details.

- [IGA](#) (1500 av Atwater / 110 boul Don Quichotte ) Online shopping, in-store pickup, and delivery option available depending on store. Delivery and assembly fees vary by store.
- [Metro](#): (3575 du Parc / 450 boul Don Quichotte) Online shopping, in-store pickup and delivery option available depending on store. Assembly and delivery charges may apply and vary by store.
- [Provigo](#) (3421 av. Du Parc / 90 ch Morgan) Online shopping, in-store pickup, delivery, curbside pickup available depending on store. Assembly and delivery charges may apply and vary by store.
- [Maxi](#) Online shopping, in-store pickup, delivery, curbside pickup available depending on store. Assembly and delivery charges may apply and vary by store.
- [Super C](#) Online shopping, in-store pickup, and delivery option available depending on store. Assembly and delivery charges may apply.
- [PA Supermarket](#): (1420 du Fort / 5242 av. Du Parc) Online shopping, in-store pickup, delivery options: minimum order of \$35 plus delivery fees (prices vary).
- [Adonis](#): (2173 Ste-Catherine Ouest / 4601 Blvd des Sources) Online shopping, in-store pickup, curbside pickup and delivery options available depending on store.
- [Costco](#): Online shopping, in-store pickup, delivery options available depending on store. Have a 2-day delivery option for members. Non-members can shop but may have a delivery surcharge.
- [Bulk Barn](#) (5445 des Jockeys / 421 Grand Boulevard) Online ordering for pickups and curbside pickup available at some locations.

## Restaurants, Food Banks and Delivery

Due to the government restrictions, restaurants are permitted to offer **pickup and delivery options only**. Please visit their website for the most up-to-date information.

- [Cachitos](#) (153 Ste-Catherine Est) sells Venezuelan cachitos (croissant with filling) as well as other pastries and coffee. They have many different fillings of cachitos to try, and most are only \$4.55 each. Open with reduced hours. Pickup and delivery options.
- [Joe's Panini](#) (1404 Drummond) is the Super Sandwich of Concordia. They offer a variety of sweet and savory grilled sandwiches for \$4.78 each and are open 24 hours to help you with those hungry all-nighters! Pick up, take out, and delivery options available.
- [Pushap](#) (5195 Paré / 4777 [Blvd des Sources](#) – pick up only) Main meals are less than \$10 for one person which include the combo, two samosas, tea, and dessert. Pickup and delivery options available.
- [Skip the Dishes](#) Some restaurants offer free delivery with a minimum purchase amount.
- [Sun Youth](#) offer food baskets, hygiene and cleaning products for individuals or families facing financial difficulties. An appointment is required for first-time users: 514 842-6822 or send an email to [services@jeunesseausoleil.com](mailto:services@jeunesseausoleil.com). Please check their website for more information.
- [The Midnight Kitchen](#) Food bank program: zero-contact grocery deliveries. Registration is currently full, but you can email them to go on their waitlist. Check their [Facebook page](#) for more details.
- [Tim Hortons](#) (674 Sherbrooke Ouest / 2035 Stanley) Pickup and delivery options available.

## Pharmacies and Stores

[Physical distancing](#) measures are in place. Delivery options may be available, but there may be wait times and additional delivery charges. Wearing [a mask or a face covering that covers the nose and mouth](#) is mandatory while in enclosed or partially enclosed spaces. Please check their website for more details. Here are some suggestions:

- [Best Buy](#) (various locations) Store hours vary depending on store. Online shopping, curbside pickup and delivery options. Free shipping on orders over \$35.
- [Dollarama](#) (various locations) Store hours vary depending on store. Online shopping, pickup and delivery options. Note: products sold online are only available in cases and cannot be purchased in smaller quantities.
- [Jean Coutu](#) (various locations) Store hours vary depending on store – Check their website for details. Delivery options available.
- [Pharmaprix](#) (various locations) Store hours vary depending on store – Check their website for details.
- [Superplustek Electronics](#) (16 Grand Boulevard) Reduced hours. No-contact delivery options and pick up available. May be delivery charges and fees – Check their website.
- [Walmart](#) (6700 Ch De La Cote-des-neiges / 5400 Rue Jean-talon O) Online shopping, pickup and delivery options available – Check their website for details.

**Note: Pharmacists have been authorized to prescribe medication for 'minor conditions' and extend prescriptions in certain instances in order to reduce medical consultations. It is recommended that you call ahead to inquire in order to reduce wait time at the pharmacy.**

## Other Essential Services

- **Getting around**
  - [STM Montreal](#) (Metros, trains and buses) are open. Please check times before travelling. Wearing [a mask or a face covering that covers the nose and mouth](#) is mandatory while taking public transit.
- **Medical**
  - [Maple](#) is an online healthcare provider offering access to family doctors, specialists and other medical services such as prescription, diagnosis, and sick notes. If you are an [international student](#) and have McGill's Blue Cross Health Insurance, you will be fully refunded within three business days. Please check your insurance for more details. Out-of-province and Quebec residence won't be refunded.
  - Students in some provinces may have access to free health services either online or by phone. More information available on provincial websites.
- **Utilities**

- [Hydro Quebec](#) if you're facing some financial difficulties in making your payments, you may [contact Hydro Quebec](#) to make a payment arrangement.
- Internet providers such as [Bell](#), [Rogers](#), [Telus](#) and [Videotron](#) remain open with reduced hours (depends on store), please consult their website.

## Recreational Activities and Wellness

- Libraries have e-book rentals for free (if you have a library card). The [Big Library Read](#) has e-books you can borrow and even virtual book clubs! You can also download the [Libby by Overdrive app](#) where you can borrow e-books and audiobooks for free with your local library card. The app is free to download and your McGill ID gives you access to library books – N.B. Not the same books available at Redpath/McLennan.
- [McGillX](#) has free online courses on a variety of topics.
- [The Student Wellness Hub](#) offers emotional support groups, wellness workshops and live meditation sessions through Facebook. Everything is free and online.
- [Y at home](#) offer 6 weeks of virtual fitness classes (live or on demand) for \$42 (\$7 per week).

## Frugal tips

Below are some frugal tips to help you save money during these difficult times:

### General & Shopping Tips

- **Use less energy** – turn the lights off when you're not in the room, and use less heating/air conditioning when you're sleeping or away from home. Unplug small appliances that you are not using.
- **Do it yourself** – [Pinterest](#) has many recipe ideas as well as home decoration and crafting ideas. [YouTube](#) also has tons of how-to videos on pretty much anything from knitting to cooking.
- **Check bills and statements** for mistakes or overcharges, and get errors corrected.
- **Check flyers** to buy items on sale. You can check [publisac.ca](#), where you can find flyers from different retailers in your surrounding area.

### Food and Meal Planning Tips

- **Prepare your own meals** – Eating out is expensive and you can save some extra cash by shopping for groceries and cooking meals at home.
- **Plan your meals** before grocery shopping. It's easier to stay on track and not to overspend when you shop with a list.
  - While grocery stores are open, it is advised **to restrict your shopping to one trip per week**. Once you've decided what you're planning to cook for the next week, make a list of the ingredients you will need at the store. Organizing your list into categories (meat, produce, bakery) will help you get through the store more efficiently.
  - Allow extra time for your trip to the grocery store. [Physical distancing](#) means you may have to wait in line to get into the store, and you may be buying a larger quantity of groceries to last the week.
  - The [Tiny Budget Cooking](#) website offers a free downloadable cookbook that includes meal plans and recipes for breakfast, lunch, and supper. They have meat and vegetarian options and ingredient swaps.
- **Cooking in batches** and freezing meals will save you time and make your food last longer. Also saves on Hydro and reduces need for AC / fans in the summer.
- **Cook with your roommate(s)**, if possible, so you can buy larger quantity of groceries and make grocery shopping cheaper.
- Frozen, canned and dried goods are often cheaper and have a longer shelf life. Keeping some of these staples on hand will make it easier to get through the week without having to go back to the store.
- Remember, it is important to strike a balance between buying enough to last the week, but not over buying to ensure there is enough stock left for other shoppers. Don't know what to buy? Check out this handy [Quarantine Food Calculator](#) and 4-day meal plan.

# SCHOLARSHIPS AND STUDENT AID OFFICE

McGill University | Brown Student Services Building | 3600 McTavish St. Suite 3200 | 514-398-6013 | [student.aid@mcgill.ca](mailto:student.aid@mcgill.ca) | @McGillAid  