

## delivery service

### Capital Meats Incorporated On The Web

800-795-2461  
website

Founded in 1997 in Winchester, Virginia, Capital Meats delivers a convenient solution right to your front door. You can enjoy steak, chicken, seafood or pork at anytime, and because the products are individually vacuum sealed and flash frozen, you only cook the amount that you need! Capital Meats provides frozen, individually wrapped portions, a fast and easy solution for families as well as a nutritious and delicious meal at any time. Products are guaranteed against freezer burn for 12 months after the date of purchase; this way you can order more and save time and money on those trips to the grocery store.

### Free For All Cupcakes

[www.freeforallcupcakes.com](http://www.freeforallcupcakes.com)

Free For All has cupcakes for all&mdash;people with dairy and/or egg allergies, people who have a gluten intolerance, vegans, health nuts who only do organic, and anyone who just wants a great cupcake. The original cupcakes are perfect for any cupcake-lover with a discerning palate, and the gluten-free cupcakes, vegan cupcakes, and organic cupcakes are perfect for anyone preferring an alternative to the old-fashioned cupcake. Cupcakes are made with all-natural ingredients in a completely nut-free facility and are anything but taste-free.

### HealthELunchKids

On the web  
Metro DC  
<http://www.healthelunchkids.com/>

I absolutely love this concept. Health e-Lunch Kids is a great alternative to the last minute brown bag PB&J or unhealthy school cafeteria selection. Here is how it works, parents and children can go online and plan lunches together. There are a variety of nutritious lunch options for school-age children to choose. Health e-Lunch Kids packs fresh kid-friendly meals in educational boxes and then delivers them directly to participating schools and day camps. Noteworthy, Health e-Lunch Kids boasts "Perfectly Balanced Meals" developed by a child nutritionist. On-time delivery is guaranteed. Noteworthy, prices vary but on average lunches run about \$4.50. A snack option is also offered.

Peapod by Giant ~ Via Giant Food Stores  
On the web  
Multiple Locations Throughout the DC Metro Area  
[www.peapod.com](http://www.peapod.com)

This is a great service that I discovered shortly after the birth of my daughter. At the time, the mere thought of stepping outside my home with a newborn was terrifying. The distance, the baby logistics, the shower, it was all too overwhelming. Enter Peapod. This service, offered locally through Giant, is a great alternative to your standard trip to the market. Peapod's website allows you to shop online 24 hours a day. Virtual shopping aisles, posted sale items, and even an express aisle makes shopping a breeze. Peapod has great delivery options and will even deliver items to an unattended open garage for those that can't be present for delivery. Delivery fees typically run about \$8.00 to \$10.00. A nominal

amount considering that you are saving precious time and gas. Noteworthy, it is always nice to tip your driver.

Safeway ~ Via Safeway Grocery Stores

On the web

Multiple Locations Throughout the DC Metro Area

WEB

[www.Safeway.com](http://www.Safeway.com)

Safeway offers a great home delivery option for your grocery needs. They offer the same prices and club card specials as the store, plus have special online savings. Delivery is as low as \$4.95. Noteworthy, they are normally running promotions for new clients. Call the store and ask if a promotion code is available for a free delivery.

Urban Tastes - Fresh Meal Delivery

On the web

<http://urbantastes.com>

Yummy! For busy parents on the go, it is Urban Tastes to the rescue. This fresh meal delivery service is committed to providing its customers with high-quality meals. Loads of fresh, seasonal ingredients coupled with many organic and local ingredients are used to make the Urban Tastes's delectable culinary delights. Here is how it works, each week the menu changes to eliminate any chance of boredom for families. You can select from a variety of cuisines. Menus are thoughtfully planned to include vegetarians's meals as well as options for those that don't eat red meat. With choices such as Chicken Tikka Masala, Chipotle Meatloaf "Sandwich", Pasta Puttanesca and Arugula & Bacon Quiche you will soon become a fan.

Busy and harried parents will flock to this service for a "break" from the daily dinner grind. Urban Tastes is also the perfect gift for a new mom or dad. Check out the site and the menu. The food is amazing and the wining pairing suggestions add a nice touch of sophistication. If you can't find a sitter, plan for an Urban Tastes escape and have them deliver your dinner date meal. You provide the candles.