

- ✚ Studying or working abroad and miss your favorite foods?
- ✚ Need to send a care package?
- ✚ Moved away and miss southern food?
- ✚ Have a business need for food items not found in your area?



Lowes Foods to Go is a great solution!

Order non-perishable grocery products from our physical grocery store, our personal shoppers will shop for you (shopping fee of \$4.95) and ship the order to your US address or APO/FPO (Army Post Office/ Fleet Post Office) address. We are unable to ship to international addresses.

It's easy to get started:

1. Choose our store in Winston-Salem, NC on Reynolda Road.
2. Shop and place your grocery items in your shopping cart.
3. Inform us of any shipping restrictions for your order. These restrictions could be size of products, no liquid, no pop-top cans, no glass, etc.
4. Choose delivery when checking out.
5. Use the PayPal option for payment.
6. You will receive an e-mail confirmation for your order.

Shipping Information

We ship all orders via the US Postal Service. Shipping fees are determined once your order is packed and weighed for shipping. Your personal shopper will e-mail your final grocery order total and include shipping. Please see below for normal US Postal service rates. Most orders ship within seven days. APO/FPO and Dulles orders require two-three weeks.

How Can I Cut My Shipping Costs?

We understand shipping can be costly especially when canned foods are ordered. If you have your own UPS or Fed-Ex account, we would be more than happy to charge your account.

Shipping Restrictions:

The Postal Service's definition of a hazardous material includes many common household and consumer products. These items may not be hazardous during normal use or storage in your home but can present a significant hazard when placed in the mail due to vibration, temperature changes, and variations in atmospheric pressure.

Some examples of commonly-used items restricted or considered hazardous under USPS regulations include:

| | | |
|-------------------------|-------------|-------------------|
| Perfumes | Nail Polish | Flea Collars |
| Aerosols | Bleach | Flea Spray |
| Matches | Batteries | Dry Ice |
| Mercury Thermometers | Glues | Cleaning Supplies |
| Matches | | |

Other Restrictions:

- Amount of liquid per box - 16oz per box
- We are unable to ship products in glass jars.
- Other items, such as alcoholic beverages (beer, wine, liquor), are not considered hazardous but are prohibited.

Please Note:

- Fragile or brittle cookies may not make it in one piece
- High-moisture products, like banana bread and moist brownies, or products including cream cheese, could mold before arriving to their destination.