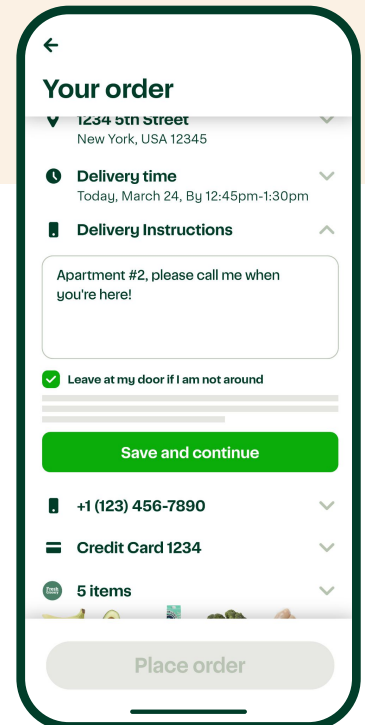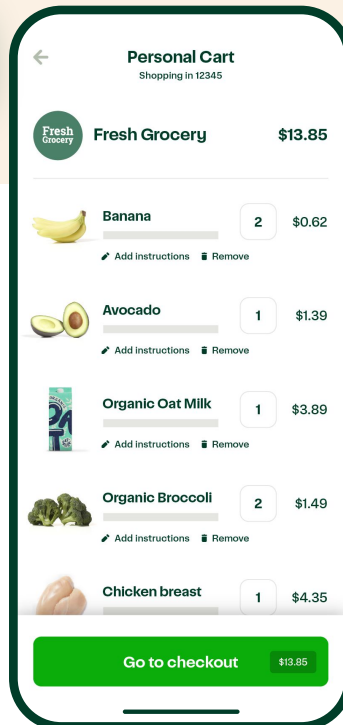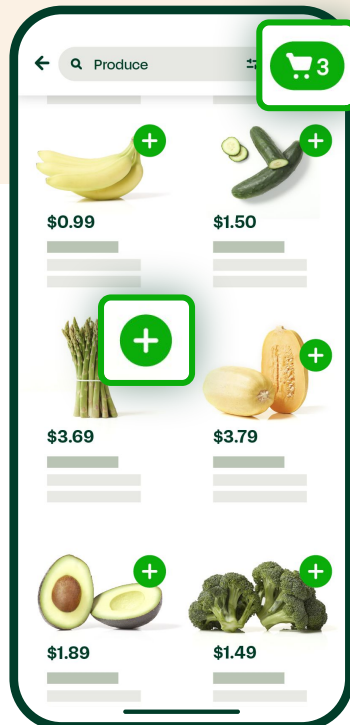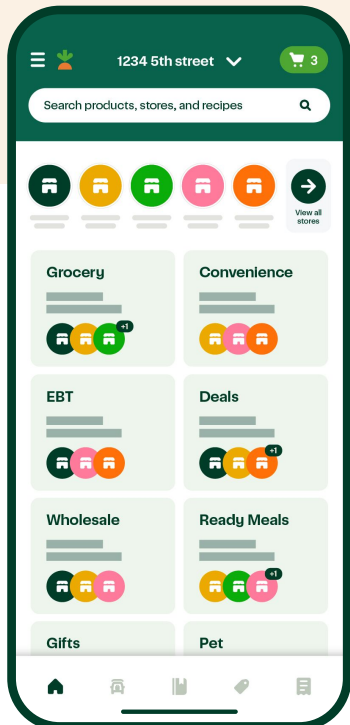# instacart health

Placing Your First Order

Instacart makes it easy to find items from your favorite retailers, whether you prefer to pick them up yourself or want them delivered right to your door.

01 Login to your account and begin by entering your address. Select a store, and search for your specific items or browse by departments.

02 Spot something you like? Add it to your cart by selecting "+" or "Add to Cart".

03 Finished adding everything you need? Select the green cart icon, review your order and proceed to checkout.

04 Choose delivery time and add delivery instructions. Place your order, sit back and relax. Your groceries will be on their way in no time.

Note: During checkout, you can request the order be left at your door if you're not around. This option will notify the shopper it's an unattended delivery and prompt them to take a picture of the order at your door before they leave.

Scan the QR code to start building your cart

Need help? Contact our Support Service: 1-888-246-7822 or browse specific help topics at www.instacart.com/help.