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FREE GUIDE · 2026

9 DELIVERY APPS



FIND DELIVERY WORK ON YOUR OWN SCHEDULE

Learn how grocery, food and package delivery apps work: who can sign up, what you need, how each company says it pays, and the tax basics for 2026.

- 9 apps side by side: DoorDash to Amazon Flex
- Age, vehicle and document requirements
- How and when each one pays out
- Tax basics: 1099 forms, mileage, tips
- Sign-up checklist and weekly tracker

HOW APP DELIVERY WORKS

Most delivery apps hire you as an independent contractor, not as an employee.

1 YOU PICK THE HOURS

Log in when you want. Some apps, like Amazon Flex, use blocks you book ahead; others send offers in real time.

2 YOU SEE THE OFFER

Most apps show the pay and distance before you accept. You can say no to an offer.

3 YOUR CAR, YOUR COSTS

Gas, insurance and wear on the car are yours. Track every mile: it matters at tax time.

4 PAY VARIES

What you make depends on the city, the time and the tips. This guide quotes pay only as each company states it.

5 SIGN-UP TAKES DAYS

Expect a background check. Some zones have waitlists, so many people apply to 2 or 3 apps.

6 TAXES ARE ON YOU

No tax is withheld. Set money aside and see page 7 for the 2026 basics.

WHICH ONE FITS YOU

If you...	Look at
No car (bike or on foot)	DoorDash or Uber Eats, where available
You like grocery shopping	Instacart, Shipt or Walmart Spark
Plan your week ahead	Amazon Flex blocks
Under 21	DoorDash, Uber Eats, Instacart, Shipt, Grubhub, Roadie
Bigger or odd-size items	Roadie

9 APPS
Food, grocery and packages

REQUIREMENTS
Age, vehicle, documents

TAX BASICS
IRS rules for 2026

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THE APPS (1-6)

DoorDash

Restaurant food, grocery and retail orders

NEEDS	18+ (19 in TX and FL; 21 for new sign-ups in CA). Car, scooter or bike in many areas (bike needs no license or insurance). Background check.
PAY	Says base pay is $2 to $10+ per order, and you keep 100% of tips.
PAYOUT	Weekly direct deposit. Fast Pay for $1.99, or daily with the Crimson card.

Uber Eats

Restaurant food and grocery

NEEDS	Bike or on foot: 18+. Car, motorcycle or scooter: 19+ (21 in CA and NY state). SSN for the check.
PAY	Says you keep 100% of tips. Activation takes a few minutes to 48 hours.
PAYOUT	Weekly, or Instant Pay up to 6 times a day for a fee.

Instacart

Grocery shopping and delivery

NEEDS	18+, able to lift 40 lb, car and smartphone. Background check by Checkr.
PAY	Batch pay plus 100% of tips, per Instacart.
PAYOUT	Weekly deposit (Wed to Fri). Instant cash-out for a small fee.

Shipt

Grocery and retail shopping

NEEDS	18+, driver's license, SSN, car insurance, car 1997 or newer, lift 50 lb, iOS 13+ or Android 7+.
PAY	Pay per order plus tips, shown before you accept.
PAYOUT	Paid on Fridays. Instant Payout $0.49, up to 3 times a day, $500 daily cap.

Grubhub

Restaurant food

NEEDS	18+ (21 in Las Vegas). Car, or bike in some markets. SSN and a checking account.
PAY	Pay per order plus tips, shown in the app.
PAYOUT	Weekly on Thursday. Instant Cash Out $0.50 (free with Chase), $500 daily cap.

Amazon Flex

Packages and grocery orders

NEEDS	21+, mid-size or larger vehicle, smartphone. Background check.
PAY	Amazon says most drivers earn $18 to $25 an hour; expenses are yours.
PAYOUT	Book blocks up to a week ahead. Flex Cashout for faster pay.

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THE APPS (7-9)

Walmart Spark

Walmart grocery and retail

NEEDS	18+, REAL ID, Social Security card, car insurance, car only, Android 11+ or iOS. Check takes 1 to 7 business days; some zones have waitlists.
PAY	Walmart says you keep 100% of confirmed tips.
PAYOUT	Paid through the Spark app's payment partner.

Gopuff

Convenience and grocery items

NEEDS	21+, insurance in your own name.
PAY	Gopuff describes it as a transparent fee per delivery plus 100% of tips.
PAYOUT	Paid through the driver app.

Roadie

Packages and same-day gigs

NEEDS	18+, SSN, driving record (MVR) check.
PAY	Fixed price shown for each gig before you accept.
PAYOUT	Paid on Tuesdays. Instant Pay after 7 days and 5 deliveries.

BEFORE YOU APPLY

Requirements and pay change by city. Open each company's driver page from your state, read the current rules, and apply only inside the official app or website.

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SIDE BY SIDE

Minimum age, vehicle and how fast you can get your money, as each company lists it.

App	Minimum age	Vehicle	Regular payout	Faster payout
DoorDash	18+ (varies)	Car, scooter or bike	Weekly	Fast Pay $1.99
Uber Eats	18+ / 19+	Car, moto, bike, foot	Weekly	Instant Pay, fee
Instacart	18+	Car	Weekly	Instant, small fee
Shipt	18+	Car 1997+	Friday	$0.49
Grubhub	18+	Car or bike	Thursday	$0.50
Amazon Flex	21+	Mid-size car	By block	Flex Cashout
Walmart Spark	18+	Car only	Via app	-
Gopuff	21+	Car	Via app	-
Roadie	18+	Car	Tuesday	After 7 days

Ages and vehicle rules can be stricter in some states and cities (for example, DoorDash asks 21+ for new sign-ups in California, and Grubhub asks 21+ in Las Vegas).

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SIGN-UP CHECKLIST

Have these ready and the sign-up goes faster.

DOCUMENTS

- [ ] Driver's license (or REAL ID for Walmart Spark)
- [ ] Social Security number
- [ ] Proof of car insurance in your name
- [ ] Bank account for direct deposit

GEAR

- [ ] Smartphone with the current iOS or Android
- [ ] Phone mount and charger
- [ ] Insulated bags for food and groceries
- [ ] A way to log miles

STAY SAFE: AVOID SCAMS

- Never pay a fee to join. Real apps do not charge to apply.
- Apply only in the official app or on the company's own website.
- Ignore texts about a 'deactivated account' with a link. Open the app yourself instead.
- Never share your login code or bank details with a 'support agent' who calls you.

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TAX BASICS FOR 2026

As an independent contractor, no tax comes out of your pay. Plan for it from day one.

Rule	What it means
Self-employment tax	15.3% of net earnings (Social Security and Medicare). You file if net earnings reach $400.
Form 1099-NEC	For 2026 payments, companies send it when they pay you $2,000 or more.
Form 1099-K	Sent by payment platforms above $20,000 and 200 transactions.
Tips deduction	Qualified tips can be deducted up to $25,000 a year, for 2025 to 2028.
Mileage rate 2026	IRS standard rate: 72.5 cents per mile (Jan to Jun) and 76 cents (Jul to Dec).

SIMPLE HABITS THAT HELP

- Log every business mile: start and end of each shift, in an app or a notebook.
- Move a share of each payout to a separate savings account for taxes.
- Keep receipts for your phone plan, insulated bags and parking.
- Ask a tax professional or a free IRS VITA site about quarterly estimated payments.

Source: irs.gov pages on self-employment tax, Forms 1099-NEC and 1099-K, the tips deduction and the 2026 standard mileage rates, checked on Nov 17, 2026. Not tax advice.

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MY WEEKLY TRACKER

Day	App	Hours	Miles	Pay	Tips	Gas and costs
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						

WEEK TOTAL: ____ hours ____ miles $_____ pay $_____ tips $_____ set aside for taxes

NOTES



START WITH TWO APPS

Pick the two that fit your vehicle and your schedule, apply in the official apps, and track your miles from the first day.

Checked on Nov 17, 2026 at: dasher.doordash.com, uber.com/us/en/deliver, shoppers.instacart.com, shipt.com/be-a-shopper, driver.grubhub.com, flex.amazon.com, drive4spark.walmart.com, gopuff.com/drive, roadie.com/drivers, irs.gov

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