

Community Care

Northumberland

Delicious, nutritious meals are available for a small fee to individuals who cannot cook for themselves or easily shop for groceries. Volunteers deliver meals to client’s home during the noon hour. Clients in Northumberland County** can order hot or frozen meals.

The following special diets can be accommodated in the following areas:

For Hot Meals:

- **Regular (R):** Designed for people with no dietary restrictions
- **Diabetic (D):** For individuals placed by their physician on reducing or diabetic diets
- **Low Fat (LF):** These meals contain 3g or less of fat per 100g.
- **Low Sodium (LS):** These meals contain less than 140mg of sodium per 100g.
- **Gluten Free (GF):** These meals are for individuals who require gluten free choices

For Frozen Meals:

Through our supplier, Appetito, the following diets are available for ordering:

- **Regular (R):** Designed for people with no dietary restrictions
- **Diabetic (D):** For individuals placed by their physician on reducing or diabetic diets
- **Low Calorie (LC)** These meals contain 120 calories or less per 100g.
- **Low Fat (LF)** These meals contain 3g or less of fat per 100g.
- **Low Sodium (LS)** These meals contain less than 140mg of sodium per 100g.
- **Vegetarian (V)** Items that do not contain dairy or egg products, some items are marked Vegan

Community	Hot Meals	Frozen Meals	For more information
Brighton	R,D*	Options outlined in Appetito menu	Mary – 613-475-4190
Cobourg	R,D,LS,LF*	Options outlined in Appetito menu	Patti – 905-372-7356
Colborne	R,D,GF*	Options outlined in Appetito menu	Brenda – 905-355-2989
Trent Hills	Campbellford: R,D*	Options outlined in Appetito menu	Linda R – 705-653-1411
	Hastings: R*	Options outlined in Appetito menu	Robin – 705-696-3891

* Please contact your local office for information about our capacity to accommodate special needs not listed as available.

** Residents within the Municipality of Port Hope receive Meals on Wheels service through Canadian Red Cross in Port Hope. (905)885-9696.



“Giving Strength Through Caring”