

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, call:
Alnwick/Haldimand Township	R,D,GF*	R,D,GF,LC,LF,LS,V*	Maretta – 905-355-2989
Brighton	R,D*	R,D,GF,LC,LF,LS,V*	Jill – 613-475-4190
Cobourg	R,D,LS,LF*	R,D,GF,LC,LF,LS,V*	Patti – 905-372-7356
Colborne	R,D,GF*	R,D,GF,LC,LF,LS,V*	Maretta – 905-355-2989
Hamilton Township	R,D,LS,LF*	R,D,GF,LC,LF,LS,V*	Patti – 905-372-7356
Port Hope	R,D,LS,LF*	R,D,GF,LC,LF,LS,V*	Patricia or Tammy – 905-372-7356
Trent Hills	Campbellford: R,D*	R,D,GF,LC,LF,LS,V*	Andrea – 705-653-1411
	Hastings: R,D*	R,D,GF,LC,LF,LS,V*	Andrea – 705-696-3891
	Warkworth R,D*	R,D,GF,LC,LF,LS,V*	Linda - 705-875-7654

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



“Giving Strength Through Caring”

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