

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”