



MEALS ON WHEELS PROGRAM

HOT Meals

Our HOT Meals On Wheels Program ensures that our client's nutritional needs are being met. The Meals are affordable, tasty and nutritious. This program also provides a "wellness check" from our caring Meals On Wheels Volunteers who make the deliveries as well as a social interaction. Hot Meals are available to seniors living alone, adults with disabilities who are unable to shop for groceries or cook for themselves or those being discharged from hospital who may need help on a short-term basis. Meals On Wheels Volunteers pick up the meals from our Providers and deliver to your home during the lunch hour (11:00 am to 12:30 pm). Days of service are flexible. Menus change seasonally. We cater to regular, diabetic, low salt meals. **The cost of each meal is \$10.00. With every meal you will receive:**

- soup (6oz) with crackers
- meat (3oz) or casserole (6oz)
- starch (4oz potato or pasta)
- vegetables (4oz)
- bread or dinner roll with butter
- dessert

FROZEN MEALS

Our Frozen Meals On Wheels Program is a great way to make sure you have a nutritional meals handy, ready to prepare at your convenience. Meals are supplied by Apetito Canada. All frozen meals are perfectly portioned and are easily heated up in the microwave. You may order any combination of main dishes, soups or desserts. Special diets, pureed meals and minced meals can also be purchased. Orders are placed by our office on a preplanned schedule. Meals On Wheels Volunteers will deliver meals to your home free of charge. **A minimum order of 7 entrees is required. The cost of the frozen meals is as follows:**

- Main entrée \$7.50
- Soup \$3.00
- Dessert \$3.00
- Breakfast Snack \$3.00

Hot MEALS – Area, Days of Delivery and Contact.

<u>Area</u>	<u>Days of Delivery</u>	<u>Contact</u>	<u>Telephone</u>
Port Hope	Monday, Wednesday, Friday	Pam Meade	905-372-7356 x101
Cobourg	Monday, Wednesday, Friday	Pam Meade	905-372-7356 x101
Colborne	Tuesday and Thursday	Evy Roussakis	905-372-7356 x121
Grafton	Tuesday and Thursday	Evy Roussakis	905-372-7356 x121
Brighton	Tuesday and Thursday	Evy Roussakis	613-475-4190 x121
Campbellford	Tuesday, Wednesday, Thursday	Sarah Higgins	1-705-875-7654
Hastings	Thursday	Sarah Higgins	1-705-875-7654

Frozen MEALS – Area, Ordering Days and Contact.

Area	Ordering Days	Contact	Telephone
Port Hope	Orders must be received by the 1 st and 3 rd Tuesday of each month	Pam Meade	905-885-9860 x101
Cobourg Hamilton Township Colborne Grafton	Orders must be received by the 1 st and 3 rd Tuesday of each month.	Evy Roussakis	905-372-7356 x121
Brighton Campbellford Hastings Warkworth	Orders must be received by the 2 nd and 4 th Tuesday of each month.	Sarah Higgins	1-705-875-7654

You will be invoiced every month for the meals purchased. Visa and Mastercard are accepted. Cheques can be made out to Community Care Northumberland and sent into our office.