



## 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 a client's home during the noon hour. Clients in Northumberland County can order hot and/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 100
- **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, *Apetito*, 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
- **Gluten Free (GF):** These meals are for individuals who require gluten free choices
- **Vegetarian (V):** Items that do not contain dairy or egg products (some items are marked vegan)

Community	Hot Meals	Frozen Meals	Contact
<b>Alnwick/Halldimand</b>	R,D,GF	R, D, LC, LF, LS, GF, V	Maretta - 905-355-2989
<b>Brighton</b>	R, D	R, D, LC, LF, LS, GF, V	Maretta - 613-474-4190
<b>Cobourg</b>	R, D, LS, LF	R, D, LC, LF, LS, GF, V	Patti - 905-372-7356
<b>Colborne</b>	R, D, GF	R, D, LC, LF, LS, GF, V	Maretta - 905-355-2989
<b>Hamilton Township</b>	R, D, LS, LF	R, D, LC, LF, LS, GF, V	Patti - 905-372-7356
<b>Port Hope</b>	R, D, LS, LF	R, D, LC, LF, LS, GF, V	Patti - 905-372-7356
<b>Trent Hills</b>	R, D	R, D, LC, LF, LS, GF, V	Sarah - 705-653-1411

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