

# Meals on Wheels

Seniors and Adults (18 +)



## Overview

Home delivery of nutritious hot and frozen meals. **Hot meals** consist of a soup, entrée and a dessert, suitable for regular, salt-free, Halal, vegetarian, low sodium, gluten free, minced and pureed diets. For those with larger appetites, a 6-ounce meal is offered in Pickering, Ajax, Whitby, Oshawa, Clarington, Uxbridge and Port Perry. It includes an increase in the protein portion of the meal. A short visit and security check on a client's well-being is also part of the Hot meal service.

**Frozen meals** consist of a variety of entrees, soups and desserts. Frozen meals are available in packages, and you may order more than one package at a time.

## Clients Supported

- Client supported is 16 years of age or older with needs related to aging, physical and/or cognitive health.
- Client is having difficulty preparing their meals.
- Client is recovering from a hospital stay who requires meals for a short time.

## Eligibility

- Individuals must provide daytime emergency contact information to receive hot meals.
- Individuals must register for one of our payment options. Payments are processed on the last business day of the month for balances from the previous month's services.
- You may cancel at any time. Forty-eight hours notice is required.

## Limitations

- Clients must be at home to receive a meal on delivery day.
- Frozen meals are reheated in the microwave and or conventional oven.
- Hot meals are delivered in disposable tin foil containers. If the meal is not eaten immediately, please refrigerate. Dispose of any meal stored over 48 hours.
- Clients or their caregivers must advise the office of any cancellations. Forty-eight hours notice is required. A charge may apply for meals not cancelled without sufficient notice (emergencies excluded).
- If you will not be home and would still like your meal delivered, please call our office to make arrangements.

- Our volunteer drivers try their best to deliver your Hot or Frozen meals but to ensure our volunteers are safe during inclement weather, CCD may cancel your meal. The organization will notify you by phone if this happens.

## **Program Locations**

Durham Region

## **Availability**

**Hot Meals** are available Monday to Friday and are delivered between 11 a.m. and 1 p.m. Please note: Brock Township delivers hot meals on Wednesdays only.

**Frozen Meals** are available weekly and are delivered based on geographic location and/or volunteer availability. Please check the website for orders and delivery dates in your area.

## **Order Online**

Online ordering available thru our website: [www.communitycaredurham.on.ca](http://www.communitycaredurham.on.ca)

## **Cost**

Hot Meals \$10.50 consists of 4 oz protein, entrée, soup, bun, and dessert.

Hot Meals \$13.00 consists of 6 oz protein, entrée, soup, a bun, and dessert.

Frozen Meal Package Options Available

Frozen Meals \$57.75 unit of 7 entrees.

Frozen Meals \$ 58.75 unit of 5 entrees and a combination of 5 sides (soups or desserts)

Frozen Meals \$75.25 unit of 7 entrees and 5 sides (soups or desserts)

Frozen Meals \$76.25 unit of 5 entrees and 10 sides (soups or desserts)

More than one package can be ordered at a time.

## **Related Services**

[communitycaredurham.on.ca/services/community-food-box/](http://communitycaredurham.on.ca/services/community-food-box/)

