

What is Meals on Wheels?

Meals on Wheels provides seniors, persons convalescing, and persons with disabilities with a nutritious meal. Our meals are delivered by caring and dedicated volunteers five days a week, excluding holidays. The meals are delivered between 11:00am and 1pm and cost only \$7.50 per meal.

Meals are prepared fresh daily at the F.J. Davey Home and always include soup or salad and an entrée.

What are the benefits of using Meals on Wheels?

Meals on Wheels allows a senior or person with a disability to live in their home longer, and maintain independence, dignity and quality of life. Our service also provides individuals with social interactions and ensures that individuals are safe in their home as our volunteers check in on them when we deliver the meals.

It is also proven that eating healthy meals as a senior can result in increased mental acuteness, resistance to illness, higher energy levels, faster recuperation times, and better management of chronic health problems. Individuals who feel physically well also have a better emotional wellness!

Programs Offered

We currently provide two meal programs: Hot and Frozen.

Hot Meals Program:

Hot meals are delivered Monday to Friday. This program is currently available for individuals who live from:

- Third Line to the North
- Boundary Road to the East
- Goulais Avenue to the West

Frozen Meals Program

This program is beneficial for individuals who live outside our current boundaries and/or need short term nutritional support while recovering from surgery or illness. Meals are \$6.00 for an entrée or \$9.00 for the full meal which includes a soup, entrée and dessert.

For more information about Meals on Wheels or to volunteer, please contact:

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