

## FROZEN MEAL PICK-UP – INA GRAFTON GAGE FROZEN MEALS

- Frozen, home-cooked meals can be picked up at Ina Grafton Gage Village after 10:30am on the Monday following order placement
- No special diets or textures, but meals are described as “healthy”
- Meals include meat, potato/pasta/rice and vegetables
- Pick up at Ina Grafton Gage Village



Cost: approximately \$5.00-6.00 per meal  
(905) 935-6822 | (905) 935-6080 ext. 228

## NUTRITION SUPPLEMENTS

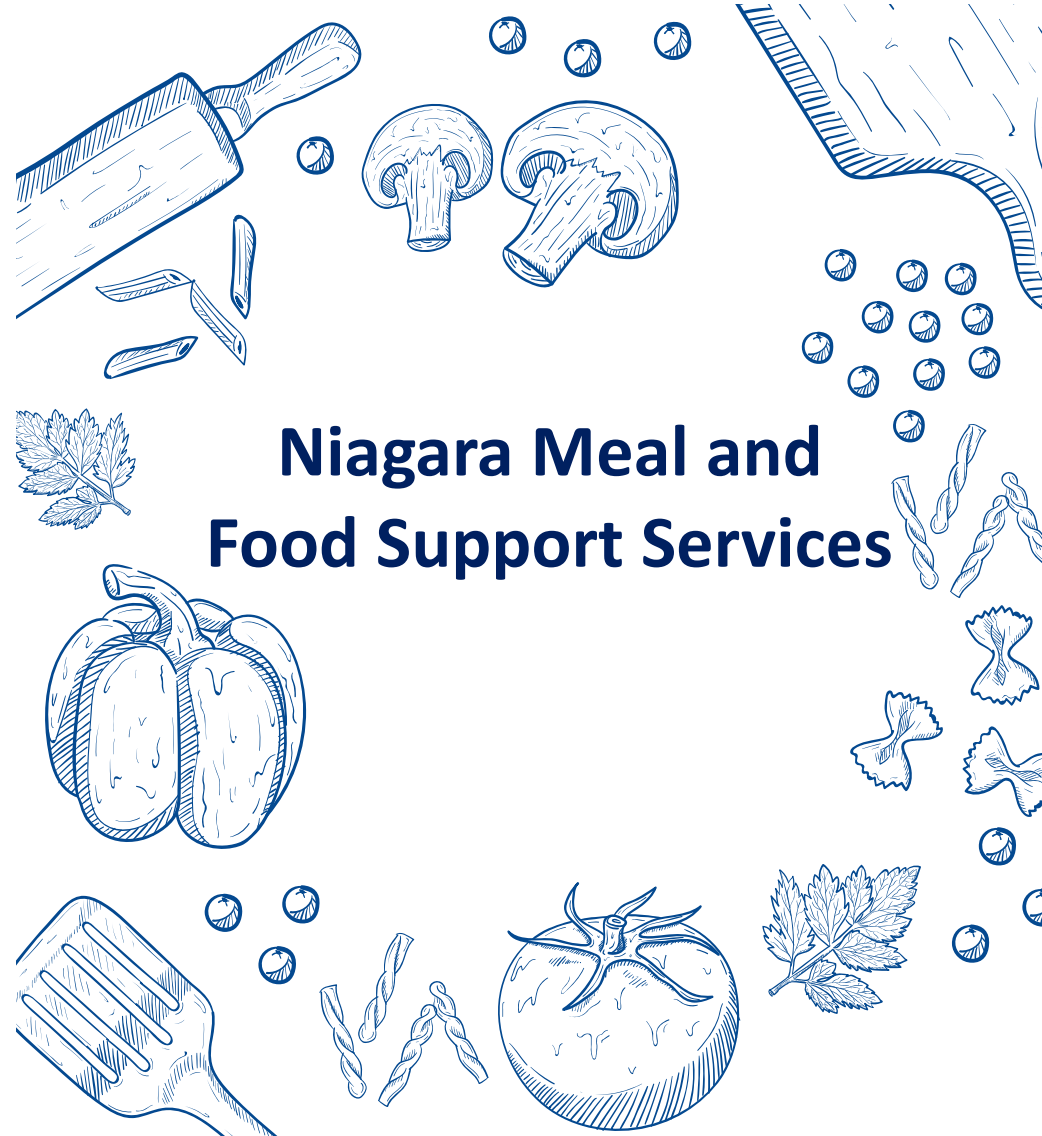
- Some pharmacies offer delivery of nutritional supplements
- Some pharmacies charge for delivery, others offer this service free of charge
- Similar to nutrition supplements, beverage thickeners may also be able to be ordered from your pharmacy and then delivered

If your pharmacy does not deliver, supplements and beverage thickeners can be ordered through Ontario Medical Supply 1-800-267-1069 ext. 25000 or on line at [ciorders@oms.ca](mailto:ciorders@oms.ca)

**For more information about Food Banks, meal programs or emergency food services in the area go to:**  
[www.niagararegion.ca/social-services/food-for-all.aspx](http://www.niagararegion.ca/social-services/food-for-all.aspx)

**For more information about community gardens visit:**  
[www.greeninniagara.ca](http://www.greeninniagara.ca)

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## NIAGARA MEAL AND FOOD SERVICES

### HOME MEAL DELIVERY – MEALS ON WHEELS

- 10-minute registration process, meals are chosen by client once registered
- Weekday lunchtime delivery of a hot nutritious meal up to 5 days per week
- Hot meals are offered in a variety of special diets and textures (e.g. gluten free or pureed)
- Extra frozen meals are also available
- Cost: approximately \$6.00 per meal



<b>Fort Erie</b>	(905) 871-9366
<b>Lincoln</b>	(905) 563-9501
<b>Niagara Falls / NOTL</b>	(905) 356-7548
<b>Port Colborne</b>	(807) 727-2277 <a href="http://www.mealsonwheelspc.ca">www.mealsonwheelspc.ca</a>
<b>St. Catharines/Thorold</b>	(905) 682-0333 <a href="http://www.mealsonwheels-tsc.ca">www.mealsonwheels-tsc.ca</a>
<b>Welland</b>	(905) 788-3181 ext. 25

### CAMPBELL'S TREPUREE FROZEN MEALS

Each meal includes a serving of pureed meat, vegetables, and starch.

Free delivery from Hauser's pharmacy  
Cost: \$3.29 per meal  
(905) 685-3030



### HEART TO HOME FROZEN MEALS

- Delivered to your home one to two days per week for free
- Delivery days and times vary with postal code
- Three meal sizes – mini, regular and hearty
- Special diets available such as gluten free, lactose free, low sodium, or controlled potassium
- Special textures available (pureed, minced, or thickened soups)



Call to request a menu catalogue for further information  
Cost per meal: Mini size \$5 | Regular size \$6-9 | Hearty size \$8-10

(905) 714-0333/1-844-714-0333  
[www.niagara@hearttohomemeals.ca](mailto:www.niagara@hearttohomemeals.ca)

### FOOD DELIVERY – SPECIALTY FOOD SHOP

This is a good resource for individuals following a more restrictive eating plan for issues such as multiple food allergy, or strict therapeutic diets. The shop also offers energy boosters, gluten-free items and beverage thickeners.



Delivery charge is based on weight.  
1-800-737-7976 [www.specialtyfoodshop.ca](http://www.specialtyfoodshop.ca)

Our **CORE** values  **Compassion in Action**  **Driven by Optimism**



**Achieving Ambitious Results**

**EXTRAORDINARY**