

MEALS ON WHEELS

INFORMATION FOR OLDER ADULTS, FAMILIES,
AND CAREGIVERS



READ THIS PAMPHLET TO LEARN:

- About Meals on Wheels Services.
- Where you can Find them in and Around Toronto.
- How to Contact a Meals on Wheels Program.



Sinai Health System

HEALTHY AGEING AND GERIATRICS

WHAT IS MEALS ON WHEELS?

Meals on Wheels provides frozen and hot meals to those who cannot make or buy meals for themselves due to a disability or illness. Meals on Wheels delivers affordable meals to several areas for those in need.

Meals on Wheels programs are run by several different community organizations. Your local Meals on Wheels organization will deliver meals during different times of day.

To find out which community organization delivers in your area, when they deliver, and how much it costs, please contact one of the following organizations found on page 3.

MEALS ON WHEELS CONTACT INFORMATION

COMMUNITY NAVIGATION ACCESS PROGRAM (CNAP)

To connect with a local Meals on Wheels program, contact the Community Navigation Access Program (CNAP) who will help you coordinate with the appropriate community agency in your area.



1-877-540-6565



www.cnap.ca

CIRCLE OF CARE - KOSHER MEALS ON WHEELS

Circle of Care offers affordable and nutritious kosher meals prepared by the Kashruth Council of Toronto across Toronto.



416-635-2860



www.circleofcare.com

MEALS ON WHEELS ONTARIO

To find your local Meals on Wheels program visit Meals on Wheels Ontario for a full map of partnering organizations and which areas they serve.



www.mealsonwheels.ca

MEALS ON WHEELS IN THE GREATER TORONTO AREA

For Meals on Wheels programs in the broader area, please contact the following organizations based on your location.



GTA MEALS ON WHEEL SERVICES

Brampton Meals on Wheels



905-453-4140 ext. 3720

Caledon Meals on Wheels



905-584-2992

Mississauga Meals on Wheels



905-403-9494

Oakville Meals on Wheels



905-842-1411

Richmond Hill Meals on Wheels



905-713-6596

Durham Meals on Wheels



519-372-2091

For a full list of Meals on Wheels Services offered in Ontario visit:



www.mealsonwheels.ca/find-your-local-meals-on-wheels

OTHER MEAL DELIVERY CHOICES

GROCERY GATEWAY

Buy groceries online and Grocery Gateway will deliver them to your door.



905-564-8778 or 1-877-447-8778



www.grocerygateway.com

TODAY'S MENU

Cooked meals that are delivered across the Greater Toronto Area.



416-698-8667



www.todaysmenu.ca

Sinai Health System's Healthy Ageing and Geriatrics Program and Circle of Care do not endorse (advertise) the resources listed in this brochure. They are for your information only.

ADDITIONAL HEALTH RESOURCES IN OUR SERIES

- Living Longer, Living Well – Your Guide to Healthy Ageing
- Preventing Falls at Home
- Calcium, Vitamin D and Bone Health
- General Tips for Memory Problems
- How to Recognize and Manage Delirium
- Managing Constipation
- Improving Urinary Incontinence
- Managing Sleep in Older Adults
- Recognizing and Managing Hearing Loss
- Safe Medication Use for Older Adults
- Substitute Decision Makers and Powers of Attorney
- Elder Abuse
- Managing Caregiver Stress

ADDITIONAL COMMUNITY RESOURCES IN OUR SERIES:

- Community Transportation Options
- How to Register for Wheel-Trans
- Driving Assessment Services
- Funding for Mobility Aids from the Assistive Devices Program

Visit www.sinaigeriatrics.ca/healtheducation for additional resources for older adults, families and caregivers.

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