

# 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**

Healthy Ageing  
and Geriatrics



**UHN**

Toronto General  
Toronto Western  
Princess Margaret  
Toronto Rehab  
Michener Institute

# WHAT IS MEALS ON WHEELS?

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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 the day.

To find out which community organizations deliver in your area, when they deliver, and how much it costs, please contact a meals on wheels provider near you.

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



[www.mealsonwheels.ca/request-meals-on-wheels](http://www.mealsonwheels.ca/request-meals-on-wheels)

# MEALS ON WHEELS IN THE GREATER TORONTO AREA (GTA)

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



## GTA MEALS ON WHEELS SERVICES

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Brampton Meals on Wheels



905-453-4140 ext. 3720

Caledon Meals on Wheels



905-857-7651

Mississauga Meals on Wheels



905-821-3254

Oakville Meals on Wheels



905-842-1411

Richmond Hill Meals on Wheels



905-713-6596

Durham Meals on Wheels



905-668-6223

# TORONTO MEALS ON WHEELS

## CONTACT INFORMATION

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### CIRCLE OF CARE - KOSHER MEALS ON WHEELS

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



416-635-2860



[www.circleofcare.com](http://www.circleofcare.com)

### WEST NEIGHBOURHOOD HOUSE

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West Neighbourhood House delivers meals to anyone who registers and lives between Yonge St. to Roncesvalles Ave., Bloor St. to Lake Ontario.



416-532-4828



[www.westnh.org/meals](http://www.westnh.org/meals)

### VILLA COLOMBO

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Villa Colombo offers hot Italian meals on wheels for \$9 per meal to adults aged 50 or over residing south of Finch Avenue, north of Castlefield Avenue, east of Jane Street and west of Bathurst Street.



416-789-7011



[www.villacharities.com](http://www.villacharities.com)

## SPRINT SENIOR CARE

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SPRINT Senior Care's Meals on Wheels program is a volunteer-based service that delivers tasty, nutritious meals directly to clients' doors. They service Bathurst to Bayview and the 401 to Bloor.



416-481-6411



[www.sprintseniorcare.org/programs-and-services/meals-on-wheels/](http://www.sprintseniorcare.org/programs-and-services/meals-on-wheels/)

## RECONNECT COMMUNITY HEALTH SERVICES

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Reconnect offers Meals on Wheels services to older adults living between Spadina Avenue and the Humber River and Bloor Street to Church Street. They offer hot and frozen meals and offer additional Ukrainian and Italian meals.



416-248-2050



<https://www.reconnect.on.ca/servicesforseniors>

## WARDEN WOODS

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Warden Woods offers meals on wheels services to older adults in Scarborough. They have meals ranging from Caribbean, Chinese, South East Asian, and more.



416-694-1138



[www.wardenwoods.com/meals-on-wheels/](http://www.wardenwoods.com/meals-on-wheels/)

## EAST YORK MEALS ON WHEELS

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East York Meals on Wheels provides hot and frozen meals to older adults living in East York. They also offer special diet frozen meals.



416-424-3322



[www.eastyorkmealsonwheels.org](http://www.eastyorkmealsonwheels.org)

## DIXON HALL

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Dixon Hall provides hot western-style, frozen, and chinese meals as well as fruit/vegetable baskets, cold lunch packs, and milk to older adults 55+ years old living in the catchment area.



416.863.0499 x3222



[dixonhall.org/seniors-services/](http://dixonhall.org/seniors-services/)

## CANADIAN RED CROSS - ETOBICOKE

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Red Cross' Etobicoke branch offers Meals on Wheels to older adults living in Etobicoke.



416-236-3180



[www.redcross.ca/in-your-community/ontario/nutrition-and-transportation/meals-on-wheels/toronto-region-branch-meals-on-wheels](http://www.redcross.ca/in-your-community/ontario/nutrition-and-transportation/meals-on-wheels/toronto-region-branch-meals-on-wheels)

# OTHER MEAL DELIVERY CHOICES

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## GROCERY GATEWAY

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



1-800-956-6467



[www.grocerygateway.com](http://www.grocerygateway.com)

## HEART TO HOME MEALS

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Cooked meals that are delivered to older adults across Canada.



1-866-933-1516



[www.hearttohomemeals.ca](http://www.hearttohomemeals.ca)

## TODAY'S MENU

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Cooked meals that are delivered across the GTA.



416-698-8667



[www.todaysmenu.ca](http://www.todaysmenu.ca)

## HALAL MEALS

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Cooked halal meals that are delivered across the GTA.



1-877-627-7861



[www.halalmeals.ca](http://www.halalmeals.ca)

## FOODORA

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Cooked meals from restaurants that are delivered across the GTA



<https://www.foodora.ca/city/toronto>

## UBER EATS

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Cooked meals from restaurants that are delivered across the Canada.



<https://www.ubereats.com/ca>

# NOTES





# NOTES



# NOTES



# RELEVANT RESOURCES IN OUR SERIES

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- Improving Nutrition as You Age
- Calcium, Vitamin D and Bone Health

## **ADDITIONAL HEALTH RESOURCES IN OUR SERIES:**

- Advance Care Planning: How to Start the Conversation
- Alcohol and Your Health
- General Tips for Managing Memory Problems
- Improving Urinary Incontinence
- Living Longer, Living Well - Your Guide to Healthy Ageing
- Managing Caregiver Stress
- Managing Chronic Pain
- Managing Common Mental Health Conditions in Older Adults
- Managing Constipation
- Managing Mild Cognitive Impairment, Alzheimer's Disease & Other Dementias
- Managing Sedative-Hypnotic Use Among Older Adults
- Managing Multiple Chronic Health Conditions
- Managing Sleep in Older Adults
- Managing Substance Use and Addictive Disorders As You Age
- Preventing and Managing Diabetes in Older Persons
- Preventing Falls at Home
- Recognizing and Managing Anxiety
- Recognizing and Managing Delirium
- Recognizing and Managing Depression
- Recognizing and Managing Hearing Loss
- Safe Medication Use for Older Adults
- Staying Active as You Age
- Substitute Decision Makers and Powers of Attorney
- Understanding Your Palliative Care Options

## **ADDITIONAL COMMUNITY RESOURCES IN OUR SERIES:**

- Community Transportation Options
- Driving Assessment Services
- Elder Abuse
- Funding for Mobility and Other Aids from the Assistive Devices Program
- Housing Options for Older Adults
- How to Register for Wheel-Trans

Visit [www.sinaigeriatrics.ca/healtheducation](http://www.sinaigeriatrics.ca/healtheducation) for additional resources for older adults, families and caregivers.

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**We would like to thank the following for their support of our Education Resources to Support Healthy Ageing Initiative:**



**The Ben and  
Hilda Katz  
Foundation**



Mon Sheong Foundation and the Ben and Hilda Katz Foundation have generously provided funding to support printing and translation of our Education Resources to Support Healthy Ageing.

The Ministry for Seniors and Accessibility supported this initiative with funding through its Seniors Community Grant Program.