

## Food and Grocery Resources for Seniors Georgetown

### Meal Programs

#### **Links2Care Meal Programs**

- (905) 873-6502
- [info@links2care.ca](mailto:info@links2care.ca)
- [links2care.ca](http://links2care.ca)
- Meal Program Gift Certificates Available
- Services provided include:
  - **Meals on Wheels:** Hot meals delivered at lunch Mon-Fri
  - **Meals on Ice:** Frozen meals ordered ahead of time and delivered to your home weekly. (Special diet and texture modified meals available)
  - **Wheels to Meals:** Transportation is provided by volunteers for a minimal fee to a luncheon at a local restaurant, church or community hall
  - **Congregate Dining:** Provides a congregate meal at different seniors buildings in town. Meal dates and sign-up sheets are posted for residents in the different buildings

#### **Heart To Home Meals- Frozen Meals**

- 1-844-409-0050
- [halton@hearttohomemeals.ca](mailto:halton@hearttohomemeals.ca)
- [hearttohomemeals.ca](http://hearttohomemeals.ca)
- Frozen Meals are delivered to your home
- Gift Cards Available
- Special diet and texture modified meals available

### Grocery Delivery or Pick up Services

#### **Grocery Gateway By Longo's**

- <http://www.grocerygateway.com>
- 905-564-8778 or 1-877-447-8778
- [customerresponse@grocerygateway.com](mailto:customerresponse@grocerygateway.com)
- \$10.00 delivery fee (+ HST), regardless of order size, with a minimum of purchase of \$45.00 prior to taxes & delivery.

#### **Pick Up at Walmart**

- Order groceries online and they will pick out the groceries and bring them out to your car.
- No fee but must purchase at least \$50 before taxes
- [www.walmart.ca/grocery](http://www.walmart.ca/grocery)
- Groceries by phone: Eligible seniors, people with disabilities and people with vulnerable health conditions can now order their groceries by phone and schedule a time for pickup with one of our Customer Service Representatives (1-800-328-0402).

### **Click and Collect Real Canadian Superstore**

- <https://www.realcanadiansuperstore.ca/about-click-and-collect>
- Order groceries online and they will pick out the groceries and bring them out to your car.
- Small fee applies depending on the day.

### **Charter Bus Shopping Services for Seniors**

- Weekly shopping buses for seniors to Metro every Tuesday
- 519-853-1550 (Tyler Transport Ltd.) Call for more details

### **Ideas for Families to Help Seniors with meals:**

- Stop over for a visit during meal times
- Take your parents/grandparent or other family members grocery shopping
- Have them over for a meal and send leftovers home with them
- Bring a meal to share at their home.
- Stock their freezer and fridge with easy to prepare meals.
- Buy them gift cards for the above meal programs

### **Recipes**

- 1) **A Guide to Healthy Eating for Older Adults**  
[https://www.unlockfood.ca/EatRightOntario/media/ERO\\_PDF/en/Seniors/Food-For-Healthy-Aging\\_E\\_Apr19-\(2\).pdf](https://www.unlockfood.ca/EatRightOntario/media/ERO_PDF/en/Seniors/Food-For-Healthy-Aging_E_Apr19-(2).pdf)
- 2) **Recipe Resource for Healthy Aging**  
<https://the-ria.ca/resources/recipe-resource-for-healthy-aging/>
- 3) **Older Adult Nutrition Screening – Resources for Older Adults**  
<https://olderadultnutritionscreening.com/resources-for-older-adults/>

### **Cookbooks for Cooking for 1 or 2 people**

- 1) **Fresh and Healthy Cooking for Two: Easy Meals for Everyday Life** By: E Topp RD and M Booth RD (available at the Halton Hills Public Library)
- 2) **Healthy Cooking for Two (or just for you)** By: Frances Price

### **Homemaking Programs**

#### **Acclaim Health - Halton**

- Provides home support that may include assistance with grocery shopping, meal planning, and preparation.
- 905-827-8800
- 1-800-387-7127
- [www.acclaimhealth.ca](http://www.acclaimhealth.ca)

**Links2Care – Home Help Program**

- Provides assistance with **laundry, light housekeeping, light meal preparation, and grocery shopping** with the goal of supporting seniors and adults with disabilities to be able to remain in their own homes.
- The Home Help program fee is geared to income.
  - 905-844-0252 or 1-866-844-0252

**Recreation****Hillsvie Active Living Centre**

- <http://www.haltonhills.ca/50plus/index.php>
- 318 Guelph Street, Unit #9 (back of building), Georgetown
- 905-877-6444

If you need more information please call the Halton Region at 311 for more information on seniors programs and resources