

Food and Grocery Resources for Older Adults Georgetown

Meal Programs

Links2Care Meal Programs

- (905) 873-6502
- info@links2care.ca
- 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)
 - **Tuesday Supper on Wheels:** A prepared entree and dessert delivered to your home on Tuesdays by friendly volunteers. Call or email to place your order by Monday at 12pm. Choose from 3-4 menu options.

Heart To Home Meals- Frozen Meals

- 1-844-409-0050
- halton@hearttohomemeals.ca
- 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

1. Voila by Sobey's

www.voila.ca

Delivery fee applies

2. Grocery Gateway By Longo's

<http://www.grocerygateway.com>

905-564-8778 or 1-877-447-8778 customerresponse@grocerygateway.com

\$10.00 delivery fee (+ HST), regardless of order size, with a minimum of \$45.00 order prior to taxes & delivery.

3. Pick Up at Walmart

Order groceries online and they will pick out the groceries and bring them out to your car.

www.walmart.ca/grocery

No fee if spend at least \$50 worth before taxes 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).

4. **Click and Connect at the 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.

5. **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

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

Hillsview 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