

Food and Grocery Resources for Older Adults Acton

Meal Programs

Links2Care Meal Programs

- (519) 853-3310
- 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 Sobeys

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 Sobeys every Wednesday
519-853-1550 (Tyler Transport Ltd.).

Call for more details.

Ideas for Families to Help Seniors with meals:

- Buy them gift cards for the above meal programs
- 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

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>
- 415 Queen Street, Acton (right side of the Acton Arena)
- 519-853-5951

If you need more information please call the Halton Region at 311 for more information on Seniors Programs and Resources