



Food Access Inventory

Leeds & Grenville Counties

October 2011 – October 2012

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Food security, or access to healthy food, is a basic determinant of health. Hunger and lack of food security are directly associated with poverty. Low socio-economic status related to income, education, and occupation is the major determinant of poor health. In 1993, the Ontario Public Health Association defined food security as, “People have food security when they can get enough food to eat that is safe, that they like to eat, and that helps them to be healthy. They must be able to get this food in ways that make them feel good about themselves and their families.” People who live in poverty and isolation are at greater risk for acute and chronic disease due to lower levels of education, lower levels of social support, and environmental factors. The lack of access to healthy food means that they are at greater risk of illness and malnutrition.

As a way to address the issue of food security in Leeds & Grenville Counties, the Leeds, Grenville, and Lanark District Health Unit provides a directory of services available for residents who are in need of access to healthy food. An inventory of services currently available to meet the food security needs of people living in Leeds & Grenville County can be grouped into three general categories:

1. *Emergency Food Programs*

A number of people access services that fall into the emergency food program category (see table 1). These programs include food banks, soup kitchens, and grocery vouchers. These programs report that generally they have not had to turn away anyone in genuine need, although people are limited in the number of times they can ask for help. Conversely, it is difficult to estimate how many people in need do not ask for help or not aware of the services available to them.

For pregnant or lactating women who access these services, they rarely receive special consideration to meet their additional nutritional needs nor are they permitted to access the service more often. However, mothers who have chosen to bottle-feed receive formula when available.

Food banks have become permanent fixtures in our communities. Food banks and other emergency food services are only designed to help people meet their short-term food needs. Regular users are not likely to meet their nutritional needs through this food supply. Long-term costs to society of reliance on emergency food programs include disempowerment, malnutrition, chronic disease, and chronic poverty. This is especially true for people with special needs such as growing children, pregnant and lactating mothers.

2. Food Action and Skill Development Programs

These programs allow participants to help themselves by providing an opportunity to learn new skills, gain knowledge, benefit from social support, and build self-esteem.

In the past, schools introduced youths to information about food, nutrition and basic food preparation skills. However, this is no longer the situation. Instead very little is taught in elementary schools and even less in high schools since the family studies course is optional. The increase in the percentage of mothers in the work force means that many children are not learning basic life skills, including how to prepare food.

Providing food action and skill development programs are important to provide individuals with skills and knowledge so that they may take steps to provide food for themselves and their families. Currently in Leeds & Grenville Counties there is an insufficient number of food action and skill development programs (see table 2). It is clear these programs need to be expanded and new programs developed in a variety of convenient locations. To be successful these programs must assist with transportation needs and provide childcare services.

3. Food Support Programs

These programs serve primarily seniors, the disabled, and the housebound. Generally, these programs offer participants a low cost meal and an opportunity to socialize. They consist mainly of Meals on Wheels, Diner's Clubs, and the Good Food Box programs. Many of the programs can help arrange transportation to external events and will provide home delivery of food to ensure that no one misses out.

The Food Access Inventory for Leeds & Grenville Counties is updated on an annual basis. We are always open to comments and suggestions, and would love to hear of other food security programs in Leeds & Grenville Counties.

For more information, please contact:

Leeds, Grenville & Lanark District Health Unit
Health Promotion Department
458 Laurier Blvd.
Brockville, ON K6V 7A3
Phone: (613) 345-5685
Fax: (613) 345-2879
Health Action Line: 1 (800) 660-5853

Table 1: Emergency Food Programs

Agency	Contact Information	Geographical Area Served	Scope of Service and Details
<p>Athens Crisis Food Bank Association Free Methodist Church 58 Elgin Street, North Athens, ON K0E 1B0</p>	<p>Shirley Mainse 613-924-2625 Bernice McLean (Food Bank- Secretary) 613-924-9122</p>	<p>Athens to Toledo Forthton and Delta</p>	<p>Food Vouchers: Monday, 10 a.m. to 12 p.m. (except holidays); \$30 - \$60 food vouchers for Athens FoodTown available once per month, no cost. Application and two references required.</p> <p>Christmas hampers (non-perishable groceries, voucher and gifts for kids) also available.</p>
<p>Delta Food Bank Delta United Church (side door of basement) P.O. Box 58 Delta, ON K0E 1G0</p>	<p>Claire Cowley 613-928-2761 Robert Rollins 613-928-2528</p>	<p>Delta and surrounding area</p>	<p>Food Bank: 2nd & 4th Tuesday of the month, 9:00 a.m. to 10 a.m.</p> <p>Can access once a month or more depending on the need.</p>
<p>Elgin Food Bank Bethel Tabernacle Church Main Street 31 Water Street P.O. Box 213 Elgin, ON K0G 1E0</p>	<p>613-359-6118 (lower level of church) (corner of Hwy 15 & Water)</p> <p>Email: church@bethelelgin.com</p>	<p>Rideau Lakes Elgin area</p>	<p>Food Bank Hours: 2nd & 4th Thursday of the month, 10 a.m. to 12 p.m.</p> <p>Client can access the food bank once a month or as necessary for emergencies. Non-perishable/frozen foods are sometimes available. Chicken available at Christmas. Special considerations are made for pregnant women and infants/children. Snack packs available.</p>
<p>Food for All – Cardinal 618 Highway #2 (Basement of library in Cardinal Cardinal, ON K0E 1E0</p>	<p>Bonnie Gommert 613-657-1967</p>	<p>Cardinal Edwardsburg</p>	<p>Food Bank Hours: Monday, 12 p.m. to 4 p.m. Identification /address required. Non-perishable foods; seasonal foods. Household products available.</p> <p>Baby Shelf: infants up to 1 year on a weekly basis.</p>
<p>Food for All – Prescott 136 Henry Street, West Box 1692 Prescott, ON K0E 1T0</p>	<p>Bonnie Gommert 613-925-2444 (call during open hours)</p> <p>www.foodforall@bellnet.ca</p>	<p>South Grenville Township</p>	<p>Food Bank Hours: Tuesday, Wednesday, Thursday, 10 a.m. to 2 p.m.; Wednesday 5 p.m. to 7 p.m. (closed statutory holidays) Identification/address needed. Non-perishable food available and during summer/fall seasonal foods available. Household products available.</p> <p>Baby Shelf: infants up to 1 year, access on a weekly basis. No limit to number of items.</p>

Agency	Contact Information	Geographical Area Served	Scope of Service and Details
Food for All – Spencerville P.O. Box 29 Centre Street Spencerville, ON K0E 1X0	Bonnie Gommert 613-658-1226	Spencerville area	Food Bank Hours: Tuesday, 10 a.m. to 2 p.m. Identification/address needed. Non-perishable food available and during summer/fall seasonal foods available. Household products available. Baby Shelf: infants up to 1 year, access on a weekly basis.
Gananoque Food Bank Gananoque Legion (basement) 55 King Street, East Gananoque, ON K7G 1E8	Audrey Jackson 613-4434 Email: ganfoodbank@gmail.com	Gananoque, Howe Island Leeds & 1000 Islands, Lansdowne, Lyndhurst, Seeley’s Bay	Food Bank Hours: Monday, Wednesday, Friday, 1 p.m. to 3 p.m. Clients can access the food bank once a month. Drop in with proof of income/receipts for rent, utilities, etc. Will consider child care expenses. Primarily canned foods, fresh vegetables in season, packaged food, milk, bread, margarine, frozen meat, bar soap, toilet paper. Donated baby food, diapers available.
House of Lazarus 2245 Simms Street P.O. Box 125 Mountain, ON K0E 1S0	Pauline Pratt 613-989-3830 www.houseoflazarus.org	Includes some areas in Grenville and Lanark.	Food Bank Hours: Monday to Saturday, 9 a.m. to 12 p.m.; Tuesday evening 5 p.m. to 8 p.m. Phone after hours for emergency. Application process: proof of address/driver’s license, or phone bill, and proof of income. Available once per month. Emergency allotment available (1/2 of regular). Annex building provides supplies such as household furnishings, bedding, dishes, etc. Thrift Shop Hours: Monday, Wednesday-Friday, 9 a.m. to 12 p.m.; Tuesday 9 a.m. to 9 p.m.; Saturday 9 a.m. to 3 p.m.
Merrickville & District Community Health Centre 354 Read Street P.O. Box 550 Merrickville, ON K0G 1N0	Pam Barrett 613-269-3400 ext 286 www.mdchc.on.ca	Merrickville, Wolford, parts of Elizabethtown, Kitley, Montague, Augusta, North Grenville, Burritt’s Rapids	Emergency Food Cupboard: Tuesday, Thursday, 1 p.m. to 3 p.m. Can access once/month. No cost. Non-perishable foods only. Rely on community and business donations. Vouchers: \$10 for use at Foodtown.

Agency	Contact Information	Geographical Area Served	Scope of Service and Details
Operational Harvest Sharing 58 Buell Street P.O. Box 522 Brockville, ON K6V 5W1	Joanne Sytsma 613-342-0605 myra.garvin@cogeco.ca	Brockville, Athens, Jasper, Mallorytown, Toledo, Lombardy, Lyn, Maitland, South Augusta, Merrickville	Food Bank Hours: Tuesday – Friday, 12:30 p.m. to 2:30 p.m. 2 nd Monday of the month 6 p.m. to 7:30 p.m. No cost.) Seasonal products may be available.
Portland Food Bank Portland Community Hall 7 Queen Street at Colbourne Portland, ON K0G 1V0	Janice Myers 613-924-6380 613-272-5388	Portland and surrounding area	Food Bank Hours: 1 st & 3 rd Monday of the month, 11 a.m. to 12 p.m. Open to anyone in need once per month. No cost. Non-perishable foods only.
Roll Aid Centre Food Bank Seeley’s Bay Legion P.O. Box 29, Bay Street Seeley’s Bay, ON K0H 2N0	Donna Robinson, Coordinator 613-387-3245	Township of Leeds & 1000 Islands and neighbouring areas	Food Bank Hours: 2 nd Tuesday of the month, 11 a.m. to 1 p.m. 2 nd Thursday of the month, 2 p.m. to 4 p.m. 4 th Tuesday of the month, 11 a.m. to 12 p.m. Delivery may be possible for emergencies. Non-perishable/perishable foods, some household items available. Extra given to pregnant women and children. Formula available. Diabetic allowance.
Salvation Army-Brockville Brockville Community Church 175 First Avenue P.O. Box 751 Brockville, ON K6V 5W1	Captain Randy Gatza 613-342-5211 sabrockvillecsf@ripnet.com Thrift Store: 613-342-1616 181 King Street, West Brockville	Brockville and area, north to North Augusta, east to Iroquois, and west to Mallorytown	Food Bank Hours: Tuesday, Thursday, 9 a.m. to 3 p.m. Canned, non-perishable foods; sometimes perishable foods. Provide some formula, infant cereal and diapers. Monday to Friday, 8:30 a.m. to 4 p.m. for emergencies. Available on a 2-month basis. Thrift Store Hours: Monday-Saturday, 9 a.m. to 5 p.m.
Salvation Army-Gananoque Gananoque Care & Share Centre 120 Garden Street P.O. Box 92 Gananoque, ON K7G 2T6	Dave Harvey 613-382-3105 David.harvey@salvationarmy.org	Gananoque, north to Smiths Falls, South to St. Lawrence River, east to Mallorytown, west to Joyceville Road	Emergency Food Bank and Food Pantry: Monday to Friday, 10 a.m. to 2 p.m. Application required. Emergency assistance allow for 4 days; non-perishable foods in pantry. Sometimes meat and other perishables are available.

Agency	Contact Information	Geographical Area Served	Scope of Service and Details
<p>Salvation Army–Kemptville 2 Oxford Street, West P.O. Box 295 Kemptville, ON K0G 1J0</p>	<p>Captain Simon Downey Simon.downey@can.salvationarmy.org Office: 613-258-3583</p> <p>Thrift Store: 613-258-2496 www.kempvillesalvationarmy.org</p>	<p>Kemptville and area from Burritt’s Rapids Road to the west; to Winchester to the east; to Spencerville to the south; and Ottawa-Carleton Twp line to the north Spencerville, North Augusta, Burritt’s Rapids.</p>	<p>Food Bank Hours: Monday, Thursday, 12:30 p.m. to 3:30 p.m.</p> <p>Must have proof of residence. Approximately 3-day supply of food is given. Mostly non-perishable foods; occasionally will have bread, milk, some meat; sometimes fresh produce, baby food and diapers as donated.</p> <p>Thrift Store: Monday – Saturday, 9:30 a.m. to 4 p.m. Offers clothing, house wares, books, etc. and sometimes furniture.</p>
<p>Salvation Army – Perth 40 North Street Perth, ON K7H 2S9</p>	<p>Rev Shirley Abrahamse Bradley 613-267-4652</p>	<p>Some Leeds & Grenville communities including Lombardy, Portland, Elgin, Newboro, Westport, Crosby, Lanark County and Frontenac County</p>	<p>Emergency Food Hours: Monday-Friday, 10 a.m. to 2 p.m. Identification required.</p> <p>Clothing, household articles, cooking utensils also available.</p> <p>Noon lunch Program; Monday-Friday, 11 a.m. to 12:30 pm. and Sunday dinner, 5:30 p.m. to 6:30 p.m. – no cost.</p>
<p>St. Ann’s Parish P.O. Box 43 230 Main Street, West Merrickville, ON K0G 1N0</p>	<p>Pat Shields 613-269-4220</p>	<p>Wolford & Merrickville</p>	<p>Food Vouchers: \$20 food vouchers are available from the Rectory. No application is required.</p>
<p>Westport Food Bank P.O. Box 105 Westport, ON K0G 1X0</p> <p>(Corner of Church/Spring Street -located in the United Church basement)</p>	<p>Bev Heyman, Coordinator 613-273-6121</p>	<p>Westport and Newboro</p>	<p>Food Bank Hours: 2nd & 4th Thursday of the month, 10 a.m. to 12 p.m. Non-perishable /frozen foods available. Serves pregnant women, infants/children. Snack-packs/formula available.</p> <p>Community Kitchen: Westport Free Methodist Church – contact 613-273-3141 for details.</p>

Table 2: Food Action and Skill Development Programs

Agency	Contact Information	Geographical Area Served	Scope of Service and Details
<p>Connections Program for Families 30 Bennett Street, Unit 2 Carleton Place, ON K7C 4J9</p>	<p>Joanne Harris (Leeds and Grenville) 613-257-2779 1-888-284-2204 www.connectionsprogram.ca</p>	<p>Leeds and Grenville Counties</p>	<p>“Good Food for Healthy Babies”. Serves pregnant women and mothers with infants up to 3 months of age. No cost. Every 2nd week participants learn to cook a new recipe. Guest speakers: services are provided by a Public Health Nurse.</p> <p>Food Vouchers: \$10 grocery voucher every week and free prenatal vitamins as needed.</p> <p>Good Food Groups:</p> <ul style="list-style-type: none"> • Brockville: Monday, 10 a.m. to 12 p.m., St. John’s United Church (corner of King St. & Park St.), the King Street entrance. • Kemptville; Tuesday, 11 a.m. to 1 p.m. Early Years Centre, 33 Clothier Street • Prescott; Monday, 1 p.m. to 3 p.m. at Early Years Centre, Central Public School, Hyde Street entrance.
<p>Country Roads Community Health Centre 4319 Cove Road Portland, ON K0G 1V0</p>	<p>Kathleen Earl, RD 613-272-3302 ext 257 1-888-998-9927 www.crchc.on.ca</p>	<p>North Leeds including Rideau Lakes Township, Village of Westport, and western portion of Elizabethtown-Kitley Township</p>	<p>“Kids in the Kitchen”: Nutrition education learning activities and hands on food preparation; 2 part series in 4 schools (grades 3-6): Rideau Centennial, South Crosby, Lombardy, and Rideau Vista. Childcare and travel subsidies available.</p> <ul style="list-style-type: none"> • 1st Tuesday of the month – Free Methodist Church, Westport • 1st Wednesday of the month – Elgin United Church <p>Parenting Education and Support for Families with children 0-6 yrs: Elgin, Delta and Portland. Free prenatal vitamins. Eligible families receive produce and milk voucher. Healthy meal or snack provided.</p> <p>“Cook Together” sessions 4th Tuesday of the month, 1 p.m. to 3 p.m. Depression support group, no cost.</p>

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<p>Country Roads Community Health Centre 4319 Cove Road Portland, ON K0G 1V0</p>	<p>Kathleen Earl, RD 613-272-3302 ext 257 1-888-998-9927 www.crchc.on.ca</p>	<p>North Leeds including Rideau Lakes Township, Village of Westport and western portion of Elizabethtown-Kitley Township</p>	<p>Good Food Box Program: offers fresh fruits/vegetables; pay by the 7th of the month for delivery on the 3rd Tuesday of the month..</p> <p>“Healthy You”: 7-week program to motivate, support, and teach how to make positive lifestyle changes. Learn about eating well, being active, and feeling good about yourself.</p> <p>“Craving Change”: A how to workshop for changing your relationship with food. Understand why you eat the way you do. Comfort yourself without food. (Call Deb ext 254)</p> <p>Diabetes and You Support & Education Group: 2nd Wednesday every month, 10 a.m. to 11:30 a.m. Support by Rideau Valley Diabetes Services. (call Kate ext 237)</p>
<p>Kemptville Youth Centre 5 Oxford Street, West P.O. Box 1124 Kemptville, ON K0G 1J0</p>	<p>Stacey Tenbuilt, Executive Director 613-258-5212 Stacey@kemptvilleyc.com</p>	<p>Kemptville and surrounding area</p>	<p>Cook Night: Thursday, 5 p.m. to 8 p.m. Basic cooking and food safety skills.</p> <p>After school healthy snack program, 3:30 p.m.</p>
<p>Merrickville & District Community Health Centre 354 Reid Street P.O. Box 550 Merrickville, ON K0G 1N0</p>	<p>Dietitian 613-269-3400</p>	<p>Catchment area of Merrickville, Wolford, parts of Elizabethtown, Kitley, Montague, Augusta, North Grenville, Burritt’s Rapids</p>	<p>Cooking Classes: cutting the cost of cooking.</p> <p>Community Kitchen: This is an opportunity for community members to expand their nutrition knowledge and enhance their cooking skills. The topics are determined by the participants. 1st Tuesday of the month at M&DCHC.</p> <p>Guys Get Cooking: For Men Only: This is an opportunity for men to expand their nutrition knowledge and enhance their cooking skills. The topics are determined by the participants. Last Thursday of the month at the SF CHC.</p>

Agency	Contact Information	Geographical Area Served	Scope of Service and Details
Rideau Valley Diabetes Services 2479 Parkedale Avenue Unit 2 Brockville, ON K6V 3H2	Darlene McKay, RD, CDE ext 225 Email: darlene@mdchc.on.ca Melissa Blasko, RD, ext. 222 Email: melissab@mdchc.on.ca 613-498-1555 1-877-321-4500	Leeds and Grenville area	RVDS provides a variety of services to adults with diabetes or pre-diabetes living in the tri-county area. Services include individual counseling and education programs offered by registered dietitians and registered nurses. Services include: grocery store tours, label reading and healthy eating on a budget, insulin initiation, blood glucose monitoring classes, and cooking classes. Clients can be referred by their physician or self-refer. There is no cost for our services.

Table 3: Food Support Programs

Agency	Contact Information	Geographical Area Served	Scope of Service and Details
Country Roads CHC 4310 Cove Road P.O. Box 58 Portland, ON K0G 1V0	Kathleen Earl, RD 613-272-3443 ext 257 1-888-998-9927	North Leeds including Rideau Lakes Township, Village of Westport, and western portion of Elizabethtown-Kitley Township	Good Food Box: offers fresh fruits/vegetables; pay when you place your order by the 7 th of the month for delivery on the 3 rd Tuesday of the month.
Grace United Church 120 Pine Street Gananoque, ON K7C 1C7	613-382-2161 Email: grace.gan@bellnet.ca	Gananoque and surrounding area (that the food bank covers)	Men's Fellowship Breakfast: Last Sunday of the month, 8 a.m. (not held in July/August). Donation of a \$1.00 to cover costs. Contact Don Burns 613-382-4279 Potluck Supper: For adult group, held 4 th Monday of the month, 6 p.m. No cost, basket for donating. Everyone welcome. Contact Jean McLean, 613-382-2698 Food Bank donations: 3 rd Sunday of the month.
Kemptville & District Home Support 215 Sanders Street Kemptville, ON K0G 1J0	Cheryl Brown 613-258-3203	Municipality of North Grenville , Kemptville, Oxford-on-the-Rideau, South Gower	Meals on Wheels: Frozen meals or hot meals; 3 course meals \$7.50; if sold separately, entrees \$5.00, soups \$1.35, desserts \$1.35. Frozen meals to rural areas. Service for the frail, elderly (65 yrs), adults (18 yrs) with physical disabilities. Monday to Friday heated meals available and frozen meals for weekends. Diner's Club Luncheons: Wednesday, \$9.00 for Home Support.

Agency	Contact Information	Geographical Area Served	Scope of Service and Details
King's Kitchen South Grenville DHS 1000 Edward Street Prescott, ON K0E 1T0	Carole Casselman 613-925-5340	Prescott area	Serves meals every Wednesday from 4:30 p.m. to 6:30 p.m. in the school cafeteria. Donations accepted. This is only available during the school year.
Loaves and Fishes 25 Front Avenue, West Suite 1A Brockville, ON K6V 4J2	Irene Selkirk 613-345-6498 loavesandfishes@bellnet.ca	Leeds and Grenville counties	Low cost meals: This is a restaurant that serves meals to anyone in need. Meals cost \$1.00; children 10 and younger eat free. Services available: Monday to Friday, 4 p.m. to 6 p.m. Meals include: soup or salad, main course, dessert, coffee/tea, juice or milk. Will sell cards with 6 meals for \$5.00
S.A.I.L. (Services to Assist Independent Living) 740 King Street, West Gananoque, ON K7G 2H5	1-613-382-1175 1-800-561-8024 Hours of Operation: Monday to Thursday: 9 a.m. to 4:30 p.m. Friday: 9 a.m. to 4 p.m. Email: sail@bellnet.ca www.sailonline.ca	Gananoque, Leeds & 1000 Islands and Front of Yonge Township	Meals on Wheels: <ul style="list-style-type: none"> • Provisions can be made for weekend delivery if required. • Hot meals can be delivered 3 times per week in rural area. Hot meals are delivered within the town at noon from Monday to Friday. • Frozen meals can be delivered anywhere within the catchment area, or can be picked up at the office during regular business hours. • Meals are hot or frozen: Regular Entree \$4.00; Regular Entree & Soup \$5.25; Regular Entree & Dessert \$5.25; Regular Entree & Soup/Dessert \$6.50; Vegetarian Entree \$4.00; Puree Entree \$4.00; For Puree Soup or Dessert add .30 each Diner's Club: monthly dinners are held at noon <ul style="list-style-type: none"> • Gananoque Dinner: GSS Hospitality Room, 2nd & 4th Tuesday Cost \$8.00 • Lansdowne Dinner: Community Building, 1st Tuesday; Cost \$8.00 • Mallorytown Dinner: Canadian Legion, 4th Wednesday; Cost \$8.00 • Seeley's Bay Dinner: 2nd Floor Fire Hall, 3rd Wednesday; Cost \$8.00 Escorted Transportation: Volunteer driver to help people with grocery shopping, medical appointments; \$5 flat fee for local trips and .40/km out of town trips.

Agency	Contact Information	Geographical Area Served	Scope of Service and Details
Salvation Army Brockville Community Church 175 First Avenue P.O. Box 751 Brockville, ON K6V 5W1	Capt Randy Gatzka 613-342-5211 Thrift Store: 613-342-1616	Brockville and area, north to North Augusta, east to Iroquois, and west to Mallorytown	<p>Good Food Box: Consist of 10-15 items for \$15 of fruits and vegetables.</p> <p>Place and pay for order at Brockville or Prescott Thrift store by the 2nd Thursday of the month, receive groceries by the 3rd Tuesday.</p> <p>For Brockville orders: pick up box at the church. For Prescott orders: pick up at the Thrift Store in Prescott.</p>
Seaway Christian Church 349 Churchill Road Box 639 Prescott, ON K0E 1T0	613-925-5840	Prescott, Augusta, Edwardsburg-Cardinal	<p>Community Supper: A free community supper for those in need is held on the 4th Monday of each month.</p>
CPCH (Community & Primary Health Care) 333 California Avenue Unit 12, Box 338 Brockville, ON K6V 5V5	For meal information for all areas contact the main information line: 1-800-465-7646 613-342-3693 www.cphcare.ca Email: info@cphcare.ca	Lanark, Leeds and Grenville area	<p>A wide variety of nutritionally balanced, flavourful frozen meals are available; they can simply be reheated in a regular oven or microwave. These meals do not contain additives or preservatives.</p> <p>You may choose to combine hot and frozen meals. Meals are heart healthy, low salt. Special diets available: minced, pureed, diabetic and renal.</p> <p>Diner's Club: pre-arranged days; meet for a nutritious meal, social activity and friendly companionship. Rides are available. There is a fee for this service.</p> <p>Hot Meals on Wheels: available in regions with minor differences. Available for seniors and adults (18 yrs) with physical or cognitive disabilities.</p> <p>Frozen meal standard: (prices will vary according to region)</p> <p>There is a fee for Meals on Wheels. Subsidization may be available for those who cannot afford the full fee.</p>