

Niagara Meal and Food Support Services



Home Meal Delivery

Meals on Wheels

- 10-minute registration process, meals are chosen by client once registered.
- Weekday lunchtime delivery of a hot nutritious meal up to 5 days per week.
- Hot meals are offered in a variety of special diets and textures (e.g. gluten free or pureed)
- Extra frozen meals are also available
- Cost: approximately \$6.00 per meal
- Fort Erie (905) 871-9366
- Lincoln (905) 563-9501
- Niagara Falls / NOTL (905) 356-7548
- Port Colborne (807) 727-2277
- www.mealsonwheelspc.ca
- St. Catharine's / Thorold 905-682-0333
- www.mealsonwheels-tsc.ca
- Welland (905) 788-3181 ext. 25

Heart to Home Frozen Meals

- Delivered to your home one to two days per week for free
- Delivery days and times vary with postal code
- Three meal sizes – mini, regular and hearty
- Special diets available such as gluten free, lactose free, low sodium, or controlled potassium.
- Special textures available such as pureed, minced, or thickened soups.
- Call to request a menu catalogue for further information
- Cost per meal: mini size \$5, regular size \$6-9, and hearty size \$8-10
- (905) 714-0333 / 1-844-714-0333 www.niagara@hearttohomemeals.ca



Campbell's Trepuree Frozen meals

- Each meal includes a serving of pureed meat, vegetables, and starch.
- Free delivery from Hauser's pharmacy
- Cost: \$3.29 per meal
- (905) 685-3030



Frozen Meal Pick up

Ina Grafton Gage Frozen Meals

- Frozen, home-cooked meals can be picked up at Ina Grafton Gage Village after 10:30am on the Monday following order placement.
- No special diets or textures, but meals are described as “healthy”.
- Meals include meat, potato/pasta/rice and vegetables.
- Pick up at Ina Grafton Gage Village
- Cost: approximately \$5.00-6.00 per meal
- contact info: (905) 935-6822, (905) 935-6080 ext. 228



Food Delivery

Specialty Food Shop

- This is a good resource for individuals following a more restrictive eating plan for issues such as multiple food allergy, or strict therapeutic diets. The shop also offers things like energy boosters, gluten-free items and beverage thickeners.
- Delivery charge is based on weight
- 1-800-737-7976 www.specialtyfoodshop.ca



Nutrition Supplements

- Some pharmacies offer delivery of nutritional supplements.
- Some pharmacies charge for delivery, others offer this service free of charge.
- Similar to nutrition supplements, beverage thickeners may also be able to be ordered from your pharmacy and then delivered.
- If your pharmacy does not deliver, supplements and beverage thickeners can be ordered through **Ontario Medical Supply** 1-800-267-1069 ext. 25000 or on line at ciorders@oms.ca

For more information about Food banks, meal programs or emergency food services in the area go to:

www.niagararegion.ca/social-services/food-for-all.aspx

For more information about Community gardens www.greeningniagara.ca