

# Meal & Grocery Services

## Delivered Right to Your Door

### Hot Meal Delivery

*Healthy, tasty home-style cooked meals ready to eat.*

- Portion controlled tasty hot meals following a 6 week rotation
- Preferences, allergies and various special diets accommodated
- Minced, pureed, cut up and soft diets follow the new Alberta Health Services guidelines
- Meals as low as \$9.50 a day (\$6.50 a day for qualifying low income individuals)
- Meal delivery scheduled from once a week to 7 days a week
- No referral needed, delivery can start the next day

### Heat n' Eat Frozen Meals

*Individual serving sized meals, soups and baking*

- Portion controlled meals suitable for anyone of all ages wanting the convenience of a quick, healthy meal.
- Affordable and rated high for value for money spent, entrees range from \$4.50 to \$6.00
- Gluten and lactose free, Halal, vegetarian and vegan options available.
- Free delivery for orders over \$40
- Sampler Packages available at a discount for first time orders includes free delivery.

### The Grocery Bag™ - grocery delivery service

*"The convenience of a corner store delivered to your door!"*

- An extensive grocery list from basic items such as milk and eggs to fresh produce, meats, cookies and desserts. The list was developed by our Dietitian with items chosen specifically for one or two servings
- Minimum order \$15 with a \$5 delivery fee
- Groceries delivered on Thursday

### Shop 4U – personal shopping at its' best!

- Whatever a client needs, our personal shopper will shop and deliver right to the home
- Great for someone who simply can't get out or just home from the hospital with specific needs
- \$25 per one and a half (1 ½) hours + the cost of the purchased items

### Lunch n' Learn

On the first Tuesday of each month at the Meals on Wheels Production Centre from 12 p.m. - 12:45 p.m. our Registered Dietitian leads a free lunch and learn session on various nutrition and healthy living topic.

### Eating Made Easy™ Nutrition Workshops

Four 1 ½ hour cooking demonstrations and interactive workshops are facilitated by our Registered Dietitian. They're packed full of reliable and current nutrition information, cooking demonstrations, samplings and tasty easy recipes. Held at various locations in the city.

**Call 780-429-2020 or check our website for more information. You can now order & pay on-line for all programs [www.mealsonwheelsedmonton.org](http://www.mealsonwheelsedmonton.org)**