

## MEALS ON WHEELS

Home delivery of nutritious meals to seniors or adults with disabilities. Meals are delivered by volunteers and staff **who check on clients' safety and wellbeing.**



### What We Offer:

- Hot Canadian-style meals delivered Monday to Saturday (including holidays)
- Hot Italian-style meals delivered Monday to Friday (excluding holidays)
- Frozen meals delivered weekly every Tuesday
- Fresh fruit and vegetable boxes delivered bi-weekly on Thursdays

Contact us for a free trial meal

Delivery Times  
11 a.m. to 1 p.m.  
3 p.m. to 5 p.m.



### Fees\*

- Hot Meals: \$7 and up
- Frozen Meal Items: \$1.70 and up
- Fruit/Vegetable Boxes: \$14 and up

\*Fee includes delivery. Subsidies are available based on need.

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### Service Area



For more information or to set up  
service, please call Intake at  
416-248-2050 ext 5214  
[www.reconnect.on.ca](http://www.reconnect.on.ca)