

MEALS ON WHEELS (MOW)

Our friendly volunteers and staff deliver frozen meals straight to your door from Apetito, a leading supplier in the industry well known for their quality and nutrition.



Service Highlights:

- Well balanced complete meals consisting of a soup, entrée, and dessert
- Frozen meals are delivered right to your door
- Diabetic friendly options that are low in fat, calories, and sodium
- Lactose-free, gluten free, and items suitable for renal diets available
- Minced and purée diets can be accommodated
- Low sodium, controlled potassium and phosphorus



lumacare.ca/meals-on-wheels



Lumacare

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North York ON, M9M 2Z2



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@Lumacare1974 #PeopleHelpingPeople



Charitable Registration #: 10703 3134 RR0001

LUMA CARE

PEOPLE HELPING PEOPLE
EST. 1974



LEAD DISRUPT GROW TRANSFORM



Funding Support Provided By:



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MEALS ON WHEELS



One cannot think well, love well, or sleep well if one has not dined well. - Virginia Woolf

“Dear friends,

I wonder if you realize what a blessing your Meals on Wheels food is to older people. As I am nearly 80 years old I find it difficult to get outdoors, especially in winter. For the past year I have been getting your food and it makes a big difference. At my age I really only want one big meal a day and for one person it is hard to buy and keep fresh food; plus your meals give me so much variety.

Since I have been enjoying your meals I feel much better both physically and mentally. Just the fact that they are delivered makes me feel like someone cares.”

- Evelyn S., Meals on Wheels Client



Nutritious meals delivered right to your door by friendly volunteers!



How to order:

- 1) Call us at **416.398.5519** and become a Lumacare client (brief intake call).
 - 2) Complete a Meals on Wheels **order form and service agreement** and return it to our Meals on Wheels Department.
- Assorted meals ordered Tuesdays before 11 a.m. will be delivered on Wednesdays or Thursdays based on location
 - Custom orders made Tuesdays before 11 a.m. are delivered on Fridays

Please note: someone must be available at the time of drop off to receive your meals.

DELIVERY AREA

Steeles				
		Finch		
		Keele	Sheppard	Bathurst
Hw 400	Jane	Wilson		
	Hw 401		Dufferin	

Call us for pricing and availability in your area and start enjoying today!



Call us today!
647.508.LUMA (5862)

