

## Meals on Wheels

Our friendly volunteers and staff deliver frozen meals straight to your door from Apetito, a leading meal supplier 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 and gluten-free options, and items suitable for renal diets available
- Minced and puréed diets can be accommodated
- Options for low sodium, and controlled potassium and phosphorus, diets.



[lumacare.ca/meals-on-wheels](http://lumacare.ca/meals-on-wheels)



## Lumacare

155 Deerhide Crescent  
North York, ON M9M 2Z2



T: 647.508.LUMA (5862)  
TF: 1.833.338.LUMA (5862)



[www.lumacare.ca](http://www.lumacare.ca)  
[info@lumacare.ca](mailto:info@lumacare.ca)

@Lumacare1974 #PeopleHelpingPeople



Charitable Registration #: 10703 3134 RR0001

# luma care



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Meals on Wheels



Funding Support Provided by:



[lumacare.ca](http://lumacare.ca)  
647.508.LUMA (5862)



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 **647.508.LUMA (5862)** to join the Lumacare family!
  - 2) Complete a Meals on Wheels order form and agreement, then 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			Bathurst
			Sheppard		
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)**

