## 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 • vour 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 accomodated
- Options for low sodium, and controlled • potassium and phosphorus, diets.



*lumacare.ca/*meals-on-wheels

GROW



#### Lumacare

155 Deerhide Crescent North York, ON M9M 2Z2



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



www.lumacare.ca info@lumacare.ca

@Lumacare1974 #PeopleHelpingPeople



Charitable Registration #: 10703 3134 RR0001





# **Meals on Wheels**



LEAD



DISRUPT



TRANSFORM





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:

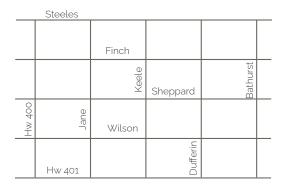
1) Call us at **647.508.LUMA (5862**) to join the Lumacare family!

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**



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



