

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/care-services/food-services



Lumacare

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@Lumacare1974 #PeopleHelpingPeople



Charitable Registration #: 10703 3134 RR0001

luma care



Meals on Wheels

EMPOWER EVOLVE CHAMPION FOSTER



Funding Support Provided by:



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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 **647-641-8807** to join the Lumacare family!
- 2) Complete a Meals on Wheels order form and agreement, then return it to our Meals on Wheels Department.

Please Note:

- Meals must be ordered 7 - 8 days in advance of desired delivery date.
- Someone must be available at the time of delivery 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)

