



## Empowering you to live at home in the City and County of Peterborough

### Frozen Meals on Wheels Available in Buckhorn Along With New Grocery Delivery Service

Eating a well-balanced diet is an important part of staying healthy as we age. It can help us maintain a healthy weight, stay energized, and get the nutrients we need. It also lowers our risk of developing chronic health conditions, such as heart disease and diabetes. To meet our nutritional needs, we should eat foods that are rich in fiber, vitamins, minerals, and other nutrients and limit foods that are high in processed sugars, saturated and trans fats, and salt.

This can be a challenge for all of us but most especially for seniors you often live on their own, sometimes are no longer able to drive to get groceries regularly and of course, may lack the energy to cook for just one.

Community Care offers seniors a Meals on Wheels program throughout the City and County of Peterborough. For those seniors who live in the Buckhorn area, this program offers a large selection of frozen entrees (\$5.25 each), soups (\$2.50 each) and desserts (\$2.50), delivered to their door by local volunteers.



How does Salisbury Steak, Chicken Pot Pie or Apple Braised Pork sound? There are 58 entrees to choose from and all these meals come perfectly portioned and are easily heated up in the microwave in 5 to 7 minutes.

There are also gluten free, lactose free, vegetarian, controlled potassium and phosphorus, minced, pureed and thickened soups options available for many special dietary needs too.

Pictured: Community Care volunteer, Pat Wade. Pat is an office volunteer who calls clients in the Buckhorn area to get their monthly frozen Meals on Wheels order and has also volunteered to help with the delivery of groceries too.

## **Grocery Delivery:**

Our Buckhorn office identified the need to add a grocery delivery service to the existing frozen Meals on Wheels program for clients in the Buckhorn area. This new service is a once per week (Tuesday afternoons) delivery with clients paying for their groceries from The Foodland - Buckhorn with their credit card plus a \$6.00 delivery fee per order payable to Community Care.

Clients are asked to call by Monday to place order there order at Foodland – Buckhorn (705-657-3311) then call or leave message for the Community Care office in Buckhorn (705) 657-2171 so that a delivery list and person can be arranged.

Community Care’s Meals on Wheels program is so much more than a meal. It also provides a social visit by a caring volunteer, a safety check for many who are isolated, and ensures that seniors receive their nutritional meals or fresh groceries to help them remain healthy in their own homes.

For more information about the Meals on Wheels program, get a complete menu off all the frozen entrees, soups and dessert offerings, or learn more about the weekly grocery delivery, call Community Care in Buckhorn (705) 657-2171 or you can visit [www.commcareptbo.org](http://www.commcareptbo.org).

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