

## **Meals on Wheels Available in Ennismore, Bridgenorth and Selwyn Township Area, Consider Volunteering**

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 who 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 Ennismore, Bridgenorth and the Selwyn Township 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.



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 to help them remain healthy in their own homes.

Don Ritchie (pictured left with a client – photo taken in February) began volunteering with our Chemung office in 2013. He started as a volunteer driver and then with his wife, Joanne, took on the monthly frozen Meals on Wheels delivery in Ennismore, Bridgenorth and Selwyn Township areas.

"To someone thinking about volunteering," said Don. "I would say "do it"! It gives you such a boost in helping your community and also giving you a meaningful opportunity to make a difference in someone's life."

For more information about the Meals on Wheels program, get a complete menu off all the frozen entrees, soups and dessert offerings or to volunteer, call Community Care in Ennismore at (705) 292-8708 or you can visit [www.commcareptbo.org](http://www.commcareptbo.org).

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