



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

Meals on Wheels Available in Havelock

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 Havelock area there are two options, a hot meal and a frozen meal program.

The hot Meals on Wheels program is delivered after 4:30pm on Tuesdays and Thursdays and includes a full entrée for \$10.00 per meal. These meals are prepared by Maple View Retirement Residence and menus change seasonally.

Pictured left (L-R): Tammy Ross – Community Care’s Community Development Coordinator, Norwood and Havelock, Sonya Sohi – Owner of Maple View Retirement Residence, Cindy McGriskin – Administrator of Maple View Retirement Residence.

How about a delivery of *Cranberry Chicken*, roast potatoes and corn or *Caesar salad*, *Spaghetti* and garlic bread sound? By the way, dessert is included too.

Pictured right: Matt Keeping, Chef of Maplevue Retirement Residence in the kitchen preparing hot meals for Community Care clients that will be packed up for volunteers to deliver.





Community Care also 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 *Salmon in Lemon Sauce* or *Steak and Mushroom Pie* 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.

Pictured right: Tammy Ross – Community Care's Community Development Coordinator in Havelock and Norwood with Meals on Wheels volunteer Mary Reynolds.



For more information about this program or to get a complete menu off all the frozen entrees, soups and dessert offerings, call Community Care in Havelock at (705) 778-7831 or you can visit www.commcareptbo.org.

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