



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

Meals on Wheels Available in Lakefield

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 Lakefield and Douro – Dummer area there are two options, a hot meal and a frozen meal program.

Thanks to a wonderful partnership with the Community Training and Development Centre (CTDC) and The Mount's Community Kitchen, Community Care is able to offer seniors in the City of Peterborough and Lakefield areas a hot Meals on Wheels program.

In Lakefield, Meals are delivered over the noon hour by volunteers on Tuesdays and Thursdays.

Pictured right: Archie and Ann – Community Care Meals on Wheels volunteers from Lakefield, picking up meals at The Mount for delivery in Lakefield. (Photo taken in February)



Hot meals consist of a choice of soup, a dinner roll, entrée and dessert. Cost is \$8.00 per meal. Dietary needs such as diabetic or low sodium can also be accommodated. The menu changes regularly.

How about a delivery of butternut squash soup, Salisbury steak, roasted potatoes, carrots and dinner roll sound? Don't forget, dessert is included too, homemade peanut butter cookies!

Pictured left (L-R): Cheryl and Jeremy, CTDC packaging hot meals for delivery in The Mount's Community Kitchen. (Photo taken in February)



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.

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 Lakefield at (705) 652-8655 or you can visit www.commcareptbo.org.

Alicia Vandine, Donor Relations and Communications Lead, Community Care, (705)775-3083, ext. 224, avandine@commcareptbo.org