



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

Frozen Meals on Wheels and Grocery Delivery in Apsley and North Kawartha Area

Food is a basic need, a life necessity. What we eat or don't eat affects our mental, emotional and physical well-being.

Did you know that the Meals on Wheels program is also available to adults recovering from surgery or illness?

One of the misconceptions of Community Care's Meals on Wheels is that it is only for seniors living on their own. The Meals on Wheels program is also available to adults recovering from surgery, illness or undergoing medical treatments.

"Our frozen meal options are also here to help you get back on your feet," said Sarah McCall - Community Development Coordinator. "We have a lot of flexibility to help not only seniors living on their own but also to give adults some support too so that they can concentrate on getting better."

Whether it's on a short-term basis as people recuperate or if someone needs some help with managing a chronic condition, Community Care wants you to stay healthy by eating properly in your own home.

"We want to make life easier so that you can recover comfortably at home and our pre-made meals take away the stress of meal preparations, for you or your caregiver," added McCall.

You can also stock your freezer with our frozen meals, so all you or your caregiver needs to do is warm it up. Deliveries are once per month and Community Care offers a wide large selection of frozen entrees (\$5.25 each), soups (\$2.50 each) and desserts (\$2.50), delivered to their door by local volunteers.

"A large selection of frozen meals are available for various dietary requirements, and they come packaged for quick heat up," said McCall. "A healthy, good value alternative for \$5.25."

Still, want to prepare your meals? Community Care also began a grocery delivery program to enhance its existing Meals on Wheels program and will continue this service as long as needed.

"Some residents wanted to continue to prepare their meals but, they are high risk to be in public spaces or couldn't stand in line for extended periods," said McCall. "Our volunteers will pick-up their prepaid orders from area stores and deliver groceries right to our client's door." To also help all residents after the Sayers Fire, Community Care entered into a partnership with Boyers to deliver groceries to Apsley two times a week.

On Mondays:

- Delivery of groceries from Bobcaygeon ValuMart will be provided by Boyer Ford Lincoln Bobcaygeon each Monday for orders that are placed by Saturdays at 9:00am. Added Bonus: *Special Offer 10% discount on groceries with mention of "BOYER"*
- Orders will be picked up Monday at noon and delivered to the North Kawartha Community Centre at 1:00 pm.
- Email orders to Jessica @ clk02518@loblaw.ca. Payments to be made by credit card prior to delivery.

On Wednesdays:

- Delivery of groceries from Foodland Bancroft will be provided by Boyer Chevrolet Buick GMC Bancroft each Wednesday for orders that are placed by Monday at 6:00pm.
- Orders will be picked up Wednesday at 3:00 pm and delivered to the North Kawartha Community Centre at 4:00 pm.
- Email orders to Joe @ joe.favot@sobeys.com or call 613-332-6664, mention "BOYER" when ordering
- Payments to be made by credit card prior to delivery.



Meals on Wheels volunteers deliver 40,000 hot and frozen meals each year in the City and County of Peterborough and have now also completed 6,923 grocery deliveries.

The North Kawartha Fire Department (NKFD) continues to support the Meals on Wheels program recruiting firefighters to help deliver meals in Apsley. Photo taken March 2020 - Pictured above: (L-R) Onkar Johal and Michael Hogeveen both student firefighters with North Kawartha Fire Department.

For more information about receiving any of these Meals on Wheels programs in the North Kawartha office area, call Sarah McCall (705) 656-4589 or email apsley@commcareptbo.org.

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