



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

### Frozen Meals on Wheels in the Millbrook 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 Karen Morton – 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 Morton.



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 every other Wednesday.

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

Pictured: (L-R) Al Snelgrove, Meals on Wheels Volunteer in Millbrook and Clem Hassell.

**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 Morton. “Our volunteers will pick-up their prepaid orders from local stores and deliver groceries right to our client’s door.”

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.

“Our volunteers are always ready to help and, we couldn’t do it without them,” added Morton. “I would encourage you to consider the Meals on Wheels program; we are all here to help.”

For more information about receiving any of the Meals on Wheels, programs call Karen Morton (705)932-2011 or email [millbrook@commcareptbo.org](mailto:millbrook@commcareptbo.org).

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