



MEALS AND GROCERIES HOME DELIVERY / GROCERY SHOPPING ASSISTANCE BRAMPTON, CALEDON, MALTON

MEAL DELIVERY

Name	Phone No/Address	Description
Brampton Meals on Wheels 525 Main St N Brampton, ON L6X 1N9 www.bramptonmealsonwheels.com	905-453-4140 ext 3720	Home delivery of hot and frozen nutritious meals to older adults and persons with disabilities, for short or long periods of time Meals prepared at Peel Manor under the direction of a dietitian * special dietary needs catered to * (pureed, minced, renal, lactose, gluten free, vegetarian) * additional meals for Sat-Sun and holidays. hot meals delivered Monday to Friday between 11am-1pm * frozen meals are available and delivered on the Friday * door to door meals delivered by volunteers
Caledon Meals on Wheels 10 McEwan Dr W Bolton, ON L7E 1H1 www.cmow.org	Caledon 905-857-7651	Volunteer driven meal delivery service to residents living in the Town of Caledon and Orangeville area Delivery of hot and frozen meals * hot meals prepared fresh daily and can be ordered 1 to 5 times a week on a long-term or temporary basis * hot meals are available in minced form * special meal options are available for those with dietary needs or restrictions * frozen meals are available to Caledon community only * daily meal orders or cancellations must be received by 9:30am

Name	Phone No/Address	Description
Heart to Home Meals 12 Indell Lane Brampton, ON L6T 3Y3 www.hearttohomemeals.ca	1-866-494-4333	Frozen meal delivery * delivers nutritious frozen meals, soups and desserts directly into the homes of seniors * over 200 menu items to choose from * food can be put straight into the oven or microwave * many menu items are low in fat, low in sodium, high in fiber and diabetic friendly No minimum order * free delivery * no contracts * Some conditions may apply
Langar Seva Meal and Support Services www.LangarSeva.ca	416-628-7041	Meal delivery: volunteers will deliver 5 North-Indian, vegetarian, hot meals once-a-week to individuals living at home without support from family/friends and are unable to cook To refer a client, use the online client application form available at www.langarseva.ca/index.html Services are available to all individuals who are: unable to cook due to a serious health issue and * are living at home * have no support from family, and * are able to direct their own dietary needs A referral from a registered health practitioner is required; staff will also conduct a final assessment Serves Brampton, Malton, Etobicoke, York Region
Victorian Order of Nurses - Peel Region - Community Support Services Meals on Wheels 78 William St Mississauga, ON L5M 1J3	905-821-3254 905-821-9481 1-866-817-8589 1-800-727-1581	Voluntary community service that offers a nourishing meal at midday to those who need help with meal preparation * delivers 5 days a week, Mon-Fri (except statutory holidays) throughout Mississauga Types of meals delivered: <ul style="list-style-type: none"> • full meal (entrée, soup and dessert) • regular meal (entrée, soup OR dessert) • meal only: package of 7 frozen entrées; package of 30 frozen soups or 30 frozen desserts; breakfast snack (frozen only, 1 juice and 1 starch)

GROCERIES HOME DELIVERY

Name	Phone No/Address	Description
Cartly.ca - Indian and Pakistani Groceries Online 60 Queen St E, Suite 104 Brampton, ON L6V 1A9 www.cartly.ca	905-789-8486	Online grocery delivery service that is exclusively designed for Indian and Pakistani based grocery buyers Same Day Delivery to Toronto (Etobicoke), York Region, Brampton, and Caledon Now also shipping Canada wide through Canada post
Chambers Food Service 75 Chambers Dr, Unit 8 Ajax, ON L1Z 1E1 www.chambersfood.com	1-888-321-3663	Offer a wide variety of frozen meats, as well as quality brand name dry goods such as Campbell's, Heinz, Alymer's and Kraft, all names you can trust * complete selection of food delivered right to your door
Fresh City Organic Produce and Meals Delivered	647-560-3939	Fresh City delivers farm-fresh organic produce and other grocery products to your door. You can order your items as separates or choose from pre-built bags. Pre-built bags can even be customized to fit your needs
Fresh 2 GO-Metro On line store https://fresh2go.metro.ca	1-877-763-7374,	Pickup <ul style="list-style-type: none"> • On Line order • Payment is due in-store at the time of pickup • Prices online do not include taxes (If applicable) • Taxes will be applied to your order at the time of payment We require a minimum of 24 hour notice to process your order and have it ready for pick-up. If your order is required in less than our minimum of 24 hours, please visit or call the store directly or contact Customer Care toll free at 1-877-763-7374, Monday to Friday 8am to 9pm. Saturday & Sunday 8am to 7pm. (excluding holidays). Online grocery shopping from Metro isn't available in Brampton yet

Name	Phone No/Address	Description
Grocery Gateway (Longos) www.grocerygateway.com	905-564-8778 1-877-447-8778	Grocery shopping on line or call - with home delivery <ul style="list-style-type: none"> Total cost include: groceries, delivery fee and fuel surcharge Grocery Gateway You can now pick up your groceries at one of the participating Longo's or Penguin Pick-Up locations <ul style="list-style-type: none"> Save \$5 on your delivery fee. Choose a pick-up time that works with your schedule. Your items will be packed to stay chilled or froze
GTA Supermarket www.gtasupermarket.com/	905-488-4068	GTA Supermarket offers next-day delivery to Brampton, Mississauga, and Caledon. Your first order is delivered free, or it's always free if you spend over \$95. Order on line. Once the order is in its way our delivery personal will call you 15 to 20 minute prior to give you a heads up
Mr Case 155 Champagne Dr, Suite 12 Toronto, ON M3J 2C6 www.mrcase.com	416-661-2273	Offers delivery services of grocery items, by the case or individually packaged, to homes or business in the Greater Toronto Area
Sai Dham Food Bank 7140 Goreway Dr Mississauga, ON L4T 2T6 www.saidhamfoodbank.com/news	905-956-2646 437-988-4422 Hotline daily 24 hours	Family to Families Program- free food delivery to individuals with special needs to their doorstep Food Bank - home delivery of non-perishable food * delivered to door step by volunteers once a month to residents of Brampton, Caledon, Mississauga Food Bank Services for older adults and physically disabled people in the Region of Peel. Emergency services open 24/7 GTA-wide
Walmart Canada www.walmart.ca	Customer Service: 1-800- 328-0402	Walmart in Ontario offers: Grocery Pickup: <ul style="list-style-type: none"> Total order must exceed \$50 (before taxes). There are no fees for using Walmart Grocery Pickup. If the item you ordered is out of stock, Walmart staff will replace it with a similar item

Name	Phone No/Address	Description
Wanigan Organic fruit and Vegetables 250 Clarence St, Unit 4 Brampton, ON L6W 1T4 www.wanigan.com/	416-998-6127	<p>A fresh fruit and vegetable company bringing produce to homes across the city of Toronto, Brampton, Mississauga, Oakville and Richmond Hill</p> <p>Delivery Details: Wanigan travels through your neighborhood once every week and your postal code determines which day your delivery will be on. Your specific delivery day is identified at the beginning of the sign up process after entering your postal code</p> <p>Delivers between 11am and 9pm and your delivery time is approximately the same each week</p> <p>If you are not at home or unable to answer the door when we arrive with your order, we'll simply leave it by the door or in a designated spot for you to bring inside upon your return. If you leave a cooler out, we'll place your produce right into the cooler</p> <p>Wanigan delivers to buildings with over three stories. Same day delivery available to clients of Brampton, Caledon and Georgetown. For delivery on the same day the order has to be placed before 8am Flat rate \$5 delivery fee for all orders</p>

GROCERY SHOPPING ASSISTANCE

Name	Phone No/Address	Description
Caledon Community Services Transportation 4 Industrial Rd Bolton, ON L7E 1K6	905-584-2300 Ext 217, 218, 221	Transportation to local Grocery Stores Bolton: Wednesday afternoon, Friday morning Orangeville: Tuesday morning and Thursday afternoon Book your ride online at: bookings@ccs4u.org or call to book your ride