



## MEALS AND GROCERIES – HOME DELIVERY / GROCERY SHOPPING ASSISTANCE DUFFERIN COUNTY – GRAND VALLEY, ORANGEVILLE, SHELBURNE

### MEAL DELIVERY

Name	Phone No/Address	Description
<b>Heart to Home Meals</b> 12 Indell Lane Brampton, ON L6T 3Y3 <a href="http://www.hearttohomemeals.ca">www.hearttohomemeals.ca</a>	1-866-494-4333	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
<b>Dufferin County Community Support Services Meals On Wheels</b> Mel Lloyd Centre 167 Centre St Shelburne, ON L0N 1S4 <a href="http://www.dufferincounty.on.ca">www.dufferincounty.on.ca</a>	519-925-5452	Hot meals are available for residents living in the towns of Shelburne and Orangeville while frozen meals are available throughout Dufferin County
<b>Meals on Wheels (Grand Valley)</b>	519-843-2141	Meals are delivered on Tuesdays - \$5.00 per meal Available to seniors and persons with disabilities or recovering from hospital stays

## GROCERY DELIVERY

Name	Phone No/Address	Description
<b>Foodland</b> 1-226 First Ave E Shelburne, ON L9V 2X4	<b>519-925-6032</b>	Free grocery delivery service for Shelburne residents on Tue and Thu between 12noon and 4 pm. Order should be placed day before or a morning of delivery.
<b>Sobey's</b> 500 Riddell Rd Orangeville, ON L9W 5L1	<b>519-941-1339</b>	Grocery delivery service for Orangeville and surrounding area on Tue and Wed Delivery Fee: \$12 dollars for Orangeville residence and might be more for surrounding area. Order should be placed day before delivery day between 9am and 4 pm.
<b>Walmart Canada</b> <a href="http://www.walmart.ca">www.walmart.ca</a>	Customer Service: <b>1-800- 328-0402</b>	<b>Grocery Pickup:</b> <ul style="list-style-type: none"> <li>• Total order must exceed \$50 (before taxes).</li> <li>• There are no fees for using Walmart Grocery Pickup.</li> <li>• If the item you ordered is out of stock, Walmart staff will replace it with a similar item</li> </ul>

## GROCERY SHOPPING ASSISTANCE

Name	Phone No/Address	Description
<b>Caledon Community Services Transportation</b> 4 Industrial Rd Bolton, ON L7E 1K6	<b>905-584-2300</b> Ext 217, 218, 221 & 264	Transportation to local Grocery Stores <b>Bolton:</b> Wednesday afternoon, Friday morning <b>Caledon:</b> Tuesday morning and Thursday afternoon Book your ride online at: <a href="mailto:bookings@ccs4u.org">bookings@ccs4u.org</a> or call to book your ride
<b>Metro Orangeville</b> 150 First St Orangeville, ON L6W 3T7	<b>519-941-6391</b>	Free bus service on Tuesdays (9:45am and 11:45am) from 5 of the seniors apartment buildings to the grocery store