



MEALS AND GROCERIES – HOME DELIVERY ETOBICOKE

MEAL DELIVERY

Name	Phone No/Address	Description
Canadian Red Cross-Etobicoke Location Meals on Wheels 557 Dixon Rd, Unit 118 Etobicoke, ON M9W 1A8 www.redcross.ca	416-236-3180	Supplies hot and frozen meals for a small fee to Etobicoke residents to help them live independently Each hot meal consists of soup, an entrée and a dessert * special diets and needs can be accommodated with meals that are low fat, low cholesterol, minced, pureed, suitable for diabetics or culturally appropriate Volunteers deliver meals while also providing a safety check, ensuring clients families that they are safe in their homes and giving a brief friendly visit at the same time Hot Meal - \$7.35 * Frozen Meals - \$7.05 * Other Frozen options available * Subsidy available for low income clients
Heart to Home Meals 12 Indell Lane Brampton, ON L6T 3Y3 http://www.hearttohomemeals.ca	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

GROCERY DELIVERY

Name	Phone No/Address	Description
Cartly.ca - Indian and Pakistani Groceries Online 6-295 Queen St E, Ste 369 Brampton, ON L6W 4S6 www.cartly.ca	905-789-8486	Online grocery delivery service that is exclusively designed for Indian and Pakistani based grocery buyers Groceries ordered before 4pm are delivered the same day
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
Grocery Gateway (Longos) 8800 Huntingdon Rd Vaughan, ON L4H 3M6 www.grocerygateway.com	905-564-8778 1-877-447-8778	Grocery shopping on line or call - with home delivery • Charge include: groceries, delivery, and fuel cost Grocery Gateway You can now pick up your groceries at one of the participating Longo's or Penguin Pick-Up locations • 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
Grocery Market, On-line Grocery Shopping and Delivery www.grocerymarket.ca	1-800-310-8050	Provides next and same-day Grocery Delivery Service in Toronto, Mississauga and GTA. Special assistance to seniors and people with disabilities. Next day delivery - \$9.99 Same day delivery - \$15.99 Languages: English, Spanish, Turkish, Ukrainian, Russian, Tadjik Hours: 24/7
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

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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	Free food delivery to people with special needs. Eligibility criteria: - person need to be assess for service - proof of age for seniors must be at least 60 years of age - proof of individual and household income (3 month bank statement) - proof of resident - provide ongoing financial information - not using any other food banks
Walmart Canada www.walmart.ca	Customer Service: 1-800- 328-0402	Walmart in Toronto offers: Grocery Home Delivery <ul style="list-style-type: none"> The fee is \$9.97 for picking, packing, and delivering your order for the minimum of \$50 (before taxes) 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