



MEALS AND GROCERIES – HOME DELIVERY WOODBRIDGE

MEAL DELIVERY

Name	Phone No/Address	Description
Community Home Assistance to Seniors (CHATS) Meals on Wheels 240 Edward St, Suite 1 Aurora, ON L4G 3S9 www.chats.on.ca	1-905-713-6596	Frozen meals delivered weekly to your door * special diet types available (vegetarian, pureed) * offers more than 100 entrees, soups, snack packs and desserts For adults 55 years and older and adults with disabilities
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
Langar Seva Meal and Support Services www.LangarSeva.ca	647-709-8044	Meal delivery: volunteers will deliver up to 5 North-Indian, vegetarian, hot meals once-a-week to individuals living at home without support from family/friends Note: No meal pick up from temple location - all meals delivered to client's home To refer a client, use the online client application form available at

Name	Phone No/Address	Description
Langar Seva Meal and Support Services (Contd)		Online client application form Services are available to all individuals who are unable to cook due to a serious health issue * 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

GROCERY DELIVERY

Name	Phone No/Address	Description
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) 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
Mr Case 155 Champagne D, 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 Mr. Case accepts orders by phone or fax 905-661-8788
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 delivery of non-perishable food by volunteers once a month to Residents of Brampton, Caledon and Mississauga. Eligibility criteria: <ul style="list-style-type: none"> - 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	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