



Organizations that Deliver Prepared Meals to Your Home

This list is provided to you for your information. Lakeridge Health/Durham Regional Cancer Centre does not represent or endorse any specific organization on this list.

This handout offers information on organizations that deliver meals already prepared for you. All of these organizations charge a fee for this service. There may be other organizations in your community that also provide this service (i.e. church, or other social group).

- 1. Community Care:** The Meals on Wheels Program offers nutritious hot or frozen meals. These meals are delivered to your home by volunteers. Call the local office to register with the program.

Local Office	Phone Number	Website
Ajax/Pickering	905-837-0017	www.communitycaredurham.on.ca
Brock	705-432-2900	www.communitycaredurham.on.ca
Clarington	905-623-2261	www.communitycaredurham.on.ca
Oshawa	905-430-5613	www.communitycaredurham.on.ca
Scugog	905-985-8461	www.communitycaredurham.on.ca
Uxbridge	905-852-7445	www.communitycaredurham.on.ca
Whitby	905-668-6223	www.communitycaredurham.on.ca
Brighton	613-475-4190	www.commcare.ca
Campbellford	705-653-1411	www.commcare.ca
Cobourg	905-372-7356	www.commcare.ca
Colborne	905-355-2989	www.commcare.ca
Hastings	705-696-3891	www.commcare.ca
Port Hope	905-885-9860	www.commcare.ca

- 2. Fleur-de-Lys** has nutritious meals that come in individual and family size. They deliver from Pickering to Cobourg area. A minimum order is required. Call **289-927-7843** for more information or to place your order.

3. **Heart to Home** has meals, soups and desserts that are delivered frozen to your home. You can ask for meals that support your special dietary needs (i.e. gluten free, vegetarian, low in sodium, etc). Minced and pureed meals are also available. This program delivers to all of Durham Region as well as areas within the Central East. Delivery is free, and no minimum order is required. Call **1-844-479-2255**, or go to www.hearttohomemeals.ca for more information or to place your order.
4. **Scarborough Centre for Healthy Communities** Meals on Wheels Program offers nutritious hot or frozen meals. These are delivered to your home by volunteers. Pre-registration with the program is required. Call **416-847-4124**, or go to www.schcontario.ca for more information.
5. **Shirley's Baked Goods** provides hot and cold meals and baked goods. This program delivers from Pickering to the Bowmanville area. There is a delivery fee. Call **905-420-0287** for more information or to place your order.
6. **St Paul's L'Amoreaux Centre** Meals on Wheels Program delivers hot Western and Chinese style meals in the Scarborough area (south of Steeles to North of Ellesmere, East of Don Mills to West of McCowan). Pre-registration is required. Call **416-493-3333**, or go to www.splc.ca for more information or to place your order.
7. **Today's Menu** delivers hot meals within the Toronto area as well as in the Durham Region. For more information call 416-698-8667 or www.todaysmenu.ca
8. **Transcare's** Meals on Wheels Program delivers hot and frozen meals in the Scarborough area (Victoria Park to Port Union and Steeles to Kingston Road). Call **416-646-3574**, or go to www.tcare.ca for more information or to place your order.
9. **Warden Woods** Meals on Wheels Program delivers hot and nutritious meals in the Scarborough area (Victoria Park to Kennedy and Eglinton to Kingston Road). Call **416-694-1138 extension 139**, or go to www.wardenwoods.com for more information or to place your order.

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