

## **Organizations that Deliver Prepared Meals to Your Home**

This list is provided for information only. The Central East Regional Cancer Program does not represent or endorse any specific organization on this list.

This handout offers information on organizations that deliver prepared meals. All of these organizations charge a fee for this service. There may be other organizations in your community that also provide this service (examples: a 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. Delivery is free with a minimum size order. Specialty diets are available (no added salt, low fat, diabetic, kidney friendly, low potassium, soft and diverticulitis friendly). Frozen meals include pureed, minced, thickened soup and gluten free options.

- **Durham Region** (includes Ajax/Pickering, Brock, Clarington, Oshawa, Scugog, Uxbridge, and Whitby): Call 1-888-255-6680 or go to the website at [communitycaredurham.on.ca](http://communitycaredurham.on.ca) for more information.
- **Northumberland County** (includes Brighton, Campbellford, Cobourg, Colborne, Hastings, and Port Hope): Call 1-866-514-5774 or go to the website at [commcare.ca](http://commcare.ca) for more information.

### **2. Heart to Home**

Offers frozen meals, soups and desserts in both mini and hearty versions. You can ask for meals that support your special dietary needs (gluten free, vegetarian, lactose free, high fibre, low sodium, controlled potassium and phosphorous, and diabetes). Minced and pureed meals as well as thickened soups are also available. This program delivers within the regions of Durham and Kawartha Lakes. Delivery is free. Call 1-888-777-2219 or go to the website at [hearttohomemeals.ca](http://hearttohomemeals.ca) for more information.

### **3. Scarborough Centre for Healthy Communities**

The Meals on Wheels Program offers nutritious hot or frozen meals. Specialty diets can be accommodated (diabetes, gluten free, low calorie, low fat, low sodium, vegetarian, vegan and pureed). Pre-registration with the program is required. Call 416-847-4134 or go to the website at [schcontario.ca](http://schcontario.ca) for more information.

### **4. Shirley's Baked Goods**

Provides hot or cold meals and baked goods. specializing in Caribbean foods but all types of foods can be prepared. Delivery or pick up is available. Delivery is within the Durham region and a delivery fee may apply. Call 905-420-0287 or go

to the website at [cssintake@schcontario.ca](mailto:cssintake@schcontario.ca) for more information.

**5. St Paul's L'Amoreaux Centre**

The Meals on Wheels Program delivers hot meals from Monday to Friday or frozen meals on Friday only. Meals offered include Caribbean, Chinese, Greek, Southeast Asian and fusion options. Meals are dietitian approved and offer specialty diets including low sodium, kidney friendly, diabetic friendly and pureed options. You must live in the catchment area which includes West of Markham Road to East of Bayview Avenue and North of Lawrence Avenue to South of Denison Street (Markham). Call 416-493-3333 or go to the website at [splc.ca](http://splc.ca) for more information.

**6. Transcare's Community Support Services**

The Meals on Wheels Program delivers hot and frozen meals in the Scarborough area (Victoria Park to Port Union and Steeles to Kingston Road). Meals are developed by dietitians. They offer both Western and Asian cuisine and specialty diets that include diabetic, kidney friendly, vegetarian, dental soft, minced, and pureed. Call 416-646-3574 or go to the website at [tcare.ca](http://tcare.ca) for more information.

**7. Warden Woods**

The Meals on Wheels Program delivers hot or frozen meals, regular or pureed texture. You must live in the catchment area between Victoria Park and Kennedy and Eglinton to the lake. Meals offered include Caribbean, Chinese, South East Asian and more. Call 416-694-1138 extension 139 or go to the website at [wardenwoods.com](http://wardenwoods.com) for more information.

**8. Today's Menu**

Delivers meals from Burlington to Whitby. Meals are made fresh daily and flash frozen. Services offer delivery or pick up. Specialty diets include dairy free, gluten free, garlic free and vegetarian/vegan meals. Call 416-698-8667 or go to the website at [todaysmenu.ca](http://todaysmenu.ca) for more information.

**9. The Rampant Chef**

Offers fresh meals for both takeout and delivery. There is a delivery fee. Vegetarian and custom meal plans are available. Call 905-999-1647 or go to website at [therampantchef.ca](http://therampantchef.ca) for more information.

**10. Hello Fresh**

Offers pre-made meal kits with recipes to follow. Some ready-to-eat meals are also available. Free delivery with some exceptions. Variety of meal options include carb smart, calorie smart, vegetarian, pescatarian, and high protein. Call 1-855-272-7002 or go to the website found at [hellofresh.ca](http://hellofresh.ca) for more information.

#### **11. Factor Meals**

**Offers** chef prepared, dietitian approved, ready-made meals cooked fresh daily. Delivery available across Ontario. Shipping fees apply. Meal options include keto, calorie smart, high protein, vegan, vegetarian and more. Call 1-807-790-2770 or go to the website found at [factormeals.ca](https://factormeals.ca) for more information.

#### **12. Halal Meals**

Offers certified Halal, fresh meals prepared weekly by a chef. Free delivery across Ontario. Email [support@halalmeals.ca](mailto:support@halalmeals.ca) or go to the website found at [halalmeals.ca](https://halalmeals.ca) for more information.

#### **13. Healthy at home**

Offers premade or customized fresh meals made on Sundays only. For delivery or pick up. Call 289-685-9535 or go to the website found at [healthyathome905.ca](https://healthyathome905.ca) for more information.

#### **14. Spatula Foods**

Offers flash frozen, chef prepared meals. Go to the website found at [spatulafoods.com](https://spatulafoods.com) for more information.

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