

# Making your health a priority one meal at a time.

Here at Community Support Services we are proud of our over 20 volunteer drivers & runners who dedicate their time to providing you with nutritious meals at a reasonable price, delivered right to your front door. Each meal is made with quality ingredients, and are suitable for diabetic, low salt, low fat and puree diets.



Haliburton Highlands Health Services  
[www.hhhs.ca](http://www.hhhs.ca)

Tel: 705 457 1392 ext 2926

## The Program....

- Meals can be delivered right to your door
- Meals are also available for pick up @ Haliburton Highlands Health Services, when pre-arranged
- Meals are delivered 3 days a week throughout the Haliburton Highlands, including the hamlets of Kinmount & Dorset

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### Who is eligible to receive this service?

- Adults ( age 18+) with disabilities and/or Seniors (age 55+)



Community Support Services  
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Haliburton , ON  
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Phone: 705 457 1392 ex 2926  
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# Meals on Wheels Community Support Services Division



Haliburton Highlands Health Services  
[www.hhhs.ca](http://www.hhhs.ca)

Tel: 705 457 1392 ext 2926

## Types of meals...

- 41 entrees, 12 desserts and 10 soups are available
- Choice menus include;

***Italian Eatery***

***Seven Seas Wharf***

***Vegetarian***

***Bamboo Garden***

***Traditional***



## Making a difference...

*"The Meals on Wheels program has really taught me portion size as I am a new diabetic. The meals also taste great, I love them. I was really surprised, these are not your typical T.V. dinners as I expected!"*

*Meals on Wheels Client*

## How do I order my meals?

- Community Support Services @ 705-457-2941 or 1-855-285-2944 ext. 2926
- Email [ischultz@hhhs.ca](mailto:ischultz@hhhs.ca)
- Please call your order in one week prior to your order delivery

## How much will it cost?

- The cost of our meals include; \$4.50 an entrée or \$1.25 for dessert or soup
- Subsidy can be provided
- No long term commitment is required—order what you want when you want it

## What else do I need to know?

- Self referrals are accepted
- Meals are available to new Moms (up to 12 weeks post-partum) and those on short-term convalescence (up to 10 weeks) & their caregivers
- Meals arrive frozen and can be enjoyed at your convenience - easily heated in the oven or microwave (instructions provided)



**Leave the cooking to us! The Community Support Services Meals On Wheels Department takes care of your dietary & menu needs, all delivered with a loving heart & caring smile. Call us today to ease your menu planning & cooking needs. 705-457-2941**