

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

Here at Community Support Services we are proud of our over 20 volunteer drivers and 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**

## The Program....

- Meals can be delivered right to your door
- Meals are also available for pick up at Haliburton Highlands Health Services, by appointment only
- Meals are delivered 3 days a week throughout the Haliburton Highlands, including the hamlets of Kinmount and 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  
7185 Gelert Rd, PO Box 956  
Haliburton , ON  
[www.hhhs.ca](http://www.hhhs.ca)  
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## Meals on Wheels Community Support Services



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## Types of meals...

- 41 entrees and 12 desserts 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 at 705-457-2941 ext. 2926
- Email [mow@hhhs.ca](mailto:mow@hhhs.ca)
- Please call your order in one week prior to your order delivery

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## How much will it cost?

- The cost of our meals include: \$6.50 an entrée or \$2.75 for dessert
- 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) and 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 Program takes care of your dietary and menu needs, all delivered with a loving heart and caring smile. Call us today to ease your menu planning and cooking needs. 705-457-2941**