

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

Tel: 705 457 2941

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

Who is eligible to receive this service?

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



Community Support Services
PO Box 956
Haliburton , ON
www.hhhs.ca
K0M 1S0
Phone: 705 457 2941
Fax: 705 457 5077

Meals on Wheels Community Support Services



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Types of meals...

- 41 entrees and 12 desserts, 8 soups and sides are available
- Choice menus include;

Italian Eatery

Seven Seas Wharf

Vegetarian

Bamboo Garden



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
- Please call your order in one week prior to your order delivery

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



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