

Meal Delivery Services

The following organizations will deliver prepared meals to your home. Depending on the organization, prices and service fees may vary.

West Toronto Support Services – Meals on Wheels

This organization delivers hot and/or frozen meals to seniors and people with disabilities who are unable to prepare meals for themselves. Italian, Ukrainian, and vegetarian options, as well as fruit and vegetable baskets are also available.

Eligibility & Service Area: An adult who is 55 years of age or older or an adult between 30-54 years of age with a longstanding disability, who lives in their service area in West Toronto. Check online or call to see if you are in area they currently serve.

Cost: Regular hot meals (entrée with a protein/starch/vegetable, soup, bun/crackers, dessert) are \$7, and Ukrainian or Italian hot meals are \$9. Frozen meal options include: 1 entrée for \$5.10, 7 entrées for \$32.62, or 5 meals (with a choice of soup/salad) for \$31.90.

Contact Information:

Website: www.wtss.org/services/meals-on-wheels/

Phone (Bloor Site): 416-653-3535

Phone (Weston/Mt. Dennis site; call here for Italian/Ukrainian meals): 416-249-7946

Milton Meals on Wheels

Delivers hot and frozen meals balanced by a nutritionist. Their hot menu is prepared fresh daily without the addition of salt and consists of soup, salad, bread, entree & dessert. Adjustments can be made to accommodate diabetics or individuals with renal conditions, or for frozen pureed or minced meals.

Eligibility & Service Area: Available to Milton area residents who are unable to prepare meals for themselves on a short or long-term basis.

Cost: Hot meals are \$6. Frozen meal options include: 7 entrées for \$34, 5 entrées plus 5 soups/desserts for \$34, 7 entrées plus 6 soups/desserts for \$36, or 7 entrées plus 7 soups and 7 desserts for \$39.00.

Contact Information:

Website: www.miltonmow.com

Phone: 905-878-6699

Red Cross – Toronto Region

The Meals on Wheels program delivers affordable, nutritious and delicious meals to members of the community who are unable to prepare their own food.

Eligibility & Service Area: The Toronto-region Meals on Wheels services Etobicoke residents only.

Cost: Hot meals are \$7.35. Frozen meal options include: 7 entrées for \$35.35, or 5 entrées and 5 soups/desserts for \$35.50.

Contact Information:

Phone: 416-236-3180

Muslim Welfare Canada – Halal Meals on Wheels for Seniors

Delivers Halal meals to seniors in the Mississauga area.

Eligibility & Service Area: Delivers to seniors in need who reside in the Mississauga area within approximately 6 km of Mavis Rd and Central Pkwy W.

Cost: Free.

Contact Information:

Website: www.muslimwelfarecentre.com/causes/meals-on-wheels-seniors/

E-mail: muslim@mwcanada.org

Phone: 905-281-9730 ext. 1017

Heart to Home Meals - Halton

Home delivery service for frozen, nutritionally balanced meals for seniors. Caters to special dietary requirements including gluten-free, diabetic, low fat, low sodium and lactose-free.

Eligibility & Service Area: Serves residents in the Halton Region.

Cost: Please view prices online or submit an online request for a menu. No minimum order amount or subscription required, and delivery is free in selected areas where they have a local outlet.

Contact Information:

Website: www.hearttohomemeals.ca

Phone: 416-236-3180

Circle of Care – Meals on Wheels

This organization offers certified Kosher meals prepared in certified Kosher kitchens under the Kashruth Council of Canada (COR), as well as Kosher-style meals that do not include pork or shellfish, and do not contain both meat and milk together.

Eligibility & Service Area: Their Certified Kosher meal delivery area spans from Major Mackenzie Dr. W. south to Bloor St., and from Dufferin St. east to Don Mills Rd.

Cost: A full meal is \$8.95, a tray is \$6.95, or a soup pack is \$5. For clients and families who qualify, fully funded or subsidized service rates may be available.

Contact Information:

Website: www.circleofcare.com/meals-on-wheels/

Phone (Bloor Site): 416-635-2860

West Neighbourhood House – Meals on Wheels

Offers four types of meals (Western, Chinese, South Asian and frozen meals) to clients year-round.

Eligibility & Service Area: Serves seniors in their catchment area from Yonge St. to Roncesvalles Ave., Bloor St. to Lake Ontario.

Cost: Hot meals (entrée, dessert, crackers, soup) are \$ 6.70. Frozen meal options include: 1 single soup/dessert or breakfast snack for \$1.70, 1 entrée for \$5.40, 7 entrées for \$32.70, or 5 meals for \$32.70. Subsidies may be available based on a financial assessment.

Contact Information:

Website: www.westnh.org/programs-and-resources/seniors/meals-on-wheels/

Phone: 416-532-4828 ext. 146

Victorian Order of Nurses – Peel Region – Meals on Wheels

Delivers hot, fresh nutritious meals or frozen meal options. Special food options are available, such as gluten free, Halal, lactose free, minced, puree, or vegetarian.

Eligibility & Service Area: The meals are for individuals living in Mississauga or Oakville who are unable to perform food preparation due to an illness or disability.

Cost: Full meal is \$6.75, entrée only is \$4.75, soup only is \$1.53, dessert only is \$1.62.

Contact Information:

Website: www.von.ca/en/service/meals-wheels

Phone: 905-821-3254