

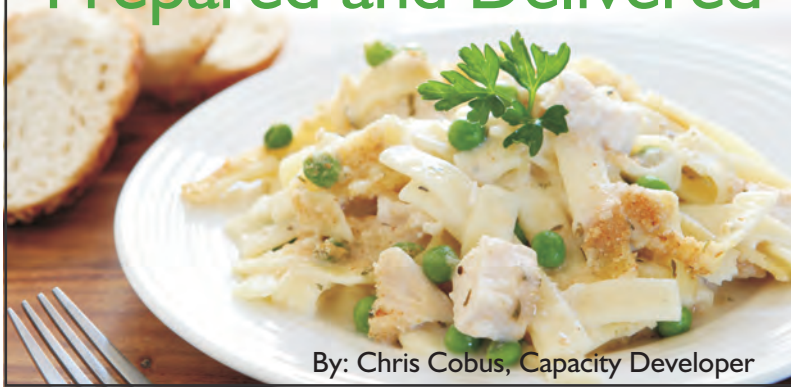
Shopping for food, preparing meals, and enjoying what we eat, plays a huge role in keeping us healthy and active at any age. While our diet and quantity of food may change as we age, it is essential to eat nutritious meals that provide the energy needed to stay active at home and in community.

When illness, injury, or a disability makes shopping for food and preparing meals a challenge, there are some tasty and nutritious options available to help maintain your health and well-being. You might be surprised to know that several agencies in the local area provide meal options for people. In fact, last year these agencies prepared and delivered 15,055 hot meals and 9,576 frozen meals to local people! (That's a lot of food!)

Sometimes short-term help is all you need to recover from a temporary illness or injury. For others, participating in prepared meal programs is a regular part of their everyday life.

Several organizations not only

Healthy Meals, Prepared and Delivered



By: Chris Cobus, Capacity Developer

provide a variety of options; but also provide social support through their approach to service. Together they reach out to more than 500 people annually with the meals initiative.

Depending on the meal (hot or frozen) and the distance traveled for delivery, meals range from \$5.00 to \$9.00 each. Some meals are picked up at a particular location. Meals can be pre-

ordered and pre-paid by friends and family too, making for a great gift.

In addition, there are also group dining opportunities available throughout the area. These group activities are organized by several of the agencies listed below (see G = group dining). As well, there are many community groups, and clubs that also offer group dining opportunities to socialize with

others over a meal. Contact the agency below closest to you to find out what else may be available in your community.

Finally, if bringing food to others is something you enjoy doing, maybe you could volunteer for one of these meal programs to nurture healthy living in your community. We welcome volunteers from across Renfrew County and the surrounding area to help us with this service! Just contact one of the agencies below and let them know you're available.

A good meal, and a friendly smile or quick chat that comes along with its delivery, is good for everyone's health!

To find out more about community support services, consider tuning into Valley Heritage Radio, 98.7FM on Tuesdays at Noon.

ASK THE EXPERT:

Chris Cobus

Community Support Coalition
Renfrew County & Area
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Meal Providers: Renfrew County & Area

Arnprior, Braeside, McNab
Seniors at Home Program Inc.
Phone: 613-623-7981 (HFG)

Barry's Bay and Area Home Support
Phone: 613-756-2772 (HF)

Carefor, Pembroke
Phone: 613-732-9993 ext. 3213 (F)

Eganville and District Seniors
Phone: 613-628-2354 (HFG)

North Renfrew Long Term Care
(Deep River)
Phone: 613-584-1900 (HG)

Renfrew and Area Seniors' Home Support
Phone: 613-432-7691 (F)

Calabogie and Area Home Support
Phone: 613-752-2828 (F)

Mills Community Support
(Mississippi Mills, Carleton Place,
Beckwith, Lanark Highlands)
Phone: 613-256-4700 (HFG)

H = Hot Meals | F = Frozen Meals | G = Group Dining

Ask about online options for menu information and ordering!

Could you volunteer with a meals program? Talk to any of the above listed providers!

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Meals make a great gift idea for a birthday or special occasion!