

What is **Meals On Wheels**?

SPRINT's **Meals On Wheels** service delivers home-style delicious and nutritious meals to your door.

Meals can be hot or frozen. Hot meals are monitored to ensure they consist of 1/3 of your daily nutritional requirements according to the Canada Food Guide.

Meals on Wheels is popular among individuals who have difficulty preparing meals for themselves.

Meals On Wheels is an easy, inexpensive and convenient way to eat food that tastes good and is good for you.

You decide how often and how much service you need.

Who Eats **Meals On Wheels**?

SPRINT's Meals On Wheels service delivers tasty hot or frozen meals to:

- seniors
- new mothers
- caregivers
- persons with disabilities
- chronically ill
- convalescent

What Kind Of **Meals Are Available**?

SPRINT's Meals on Wheels program offers three types of *deliciously healthy* services – **Hot** food, **Frozen** food and **Wellness Boxes** of fresh, seasonal produce.

Each service uses fresh quality meats, vegetables and fruits, and is prepared and packaged individually with care.

Also, each service has a great selection and can be catered to your needs.

Hot Meals

Hot meals are prepared every day. They are delivered by volunteers between 11:00 a.m. and 12:30 p.m., 7 days a week, including statutory holidays.*

A hot meal includes soup or salad, bread and butter, an entrée with vegetables and dessert. The meals range from Chicken Divan to Shepherd's Pie.

For those who are on a diabetic, low fat, non-dairy, low salt, minced or special diet – specially prepared meals are available to meet your dietary requirements.

SPRINT also keeps track of foods you like and dislike.

*Some exceptions apply.

Frozen Meals

Frozen meals include home-cooked appetizing entrées, soups and desserts that have been prepared from fresh ingredients and frozen to maintain their freshness.

You can choose from a wide variety of 71 entrées, 26 soups and 31 desserts, with seasonal variations.

The menus range from Fish Florentine to Veal Cutlets, from Cream of Carrot soup to Harvest Vegetable, and Apple Crisp to Pecan Streusel Cake.

To enjoy a frozen meal, all you have to do is heat it up in a microwave or regular oven when **you** are hungry.

Each frozen meal course is also economically priced.

You can mix and match the courses to make your own full-course frozen meals.

For those who enjoy a cold meal during the hot weather, a variety of delicious summer salads are available.

You can also order frozen breakfast snacks - cereal, muffins or pancakes - paired with a juice, for breakfast or a mid-morning snack.

A small minimum order applies.



Convenient frozen meal packages with 5 entrées and 5 soups or desserts or 7 entrées are available for one low cost-saving package price. **Frozen meals will be delivered to you on Tuesdays by a SPRINT volunteer.**

For those who are on special diets - diabetic, low fat and salt - or have special needs - vegetarian, pureed and minced meals are available.

Testimonials

"Hip, hip hurrah for the Frozen Foods program. The meals prepared ... are superb, better than anything I could prepare myself or buy elsewhere. Occasional guests, too, rave over them."

Mr. H. G. Skilling, 86

"I don't know what I would have done to help me get back on my feet if it wasn't for this program."

Ms. K. Fitzgerald, 33

"I just can't tell you how much I appreciate them (frozen meals), especially after I lost my confidence in cooking, plus no more pots & pans!"

Mrs. M. Butler, 93

Sandwiches

Freshly prepared sandwiches are available daily with a hot meal.

Milk

A refreshing one litre carton of milk or Lactese can be delivered to you on Wednesdays.

Supplements

A variety of therapeutic drinks, including Katy (a yogurt and juice mix), are available

Wellness Box

This service provides a supply of fresh fruits and vegetables in pre-cut portions for smaller households. The produce is provided by Food Share and home delivery is coordinated by SPRINT.

Fruits and vegetables are an important source of vitamins and minerals. By ordering a Wellness Box eating the recommended servings of produce per day has never been easier.

A Wellness Box of fresh produce* can be delivered to you every 2 weeks.

**A sample box could include*
 1 red grapefruit, 3 apples, 5 clementines,
 1/2 squash, 2 pears, 1 bag broccoli,
 1 bag mixed salad greens,
 1 small bag green beans, 4 bananas,
 1 sweet potato, 1/4 red cabbage
 and 1/2 rutabaga.

SPRINT's Meals On Wheels

Service Area



This map contains areas that receive at least one service from SPRINT. Please call (416) 481-6411 for more details of specific program boundaries.

For More Information

To find out more about SPRINT's Meals On Wheels program, contact SPRINT at:

Phone: (416) 481- 6411

Fax: (416) 481- 9829

mow@sprint-homecare.ca

www.sprint-homecare.ca

**140 Merton Street, 2nd floor
 Toronto, ON M4S 1A1**

Charitable Registration Number:
 10497 3458 RR001

09/07



THE ONTARIO
 TRILLIUM
 FOUNDATION



A United Way
 Member Agency



"We Deliver"
**Meals On
 Wheels**



Helping People
 Live at Home Since 1983

(416) 481-6411