

Hot Meal Services

We deliver hot meals to individuals living in Caledon and surrounding areas. These meals are prepared fresh daily and can be ordered 1 to 5 times a week on a long-term or temporary basis. The hot meals include a hot entrée, soup, dessert, cookies, and crackers and costs \$6.50. This fee covers approximately 60% of the meal and the difference is made up by funders and donors.



The hot meals are delivered by one of our friendly volunteers between 11:30am and 1:00pm, and includes a security check*.

*Security Check

Security checks are done by one of our friendly volunteers for every hot meal delivery to ensure clients are safe. If clients are not home and did not notify our office prior to the delivery, we follow emergency procedures, which include calling their emergency contact.



Please call us to hear about other programs and services Caledon Meals on Wheels offer in your area.

OUR CONTACT INFORMATION

(905) 857-7651

info@cmow.org

10 McEwan Drive, Unit #1

Bolton, ON L7E 1H1

www.cmow.org

Supported by / Financé par:



Ontario

Central West Local Health
Integration Network

Réseau local d'intégration
des services de santé
du Centre-Ouest

CALEDON
MEALS ON
WHEELS

.hot cuisine

2018/2019



Tasty home-delivered
frozen entrees

only **\$6.50**



How to Order

3 EASY STEPS!

STEP 1

Call to **REGISTER** with us
(905) 857-7651

It takes under 10 minutes!

STEP 2

DECIDE what days you
would like to receive meals

Some dietary restrictions can be
accommodated. Please call for more
information

STEP 3

BE HOME on the days
to receive service between
11:30am and 1pm

If you know you will not be home, please
call us to make other arrangements

ENTRÉE CONTAINERS

Biodegradable container
with a plastic seal

Pierce plastic or remove lid
prior to heating

Containers are microwaveable
and conventional oven safe

Refrigerate immediately

Foil container with a cardboard lid
Remove lid before heating container

Containers are microwaveable and
conventional oven safe

Refrigerate immediately

How to Qualify

TO QUALIFY AS A MEAL CLIENT, INDIVIDUALS MUST:

be at least 65 years old

OR

have a physical or mental disability

OR

have a short-term or long-term illness,
or are recovering from surgery

SOUP CONTAINERS

Cardboard container with a plastic seal

Containers are microwaveable and
conventional oven safe

Refrigerate immediately

Styrofoam container with a plastic lid

Soup must be transferred to a
microwavable or oven safe container

Refrigerate immediately

