

Your Dietary Needs

Hot meals are prepared with all your dietary needs and cultural tastes in mind.

Our feature meals include:


- Canadian, Chinese, Greek, South Asian, Caribbean and more
- puréed or minced food
- low salt
- vegetarian
- low fat
- diabetic

Kindly advise the Meal-on-Wheels Coordinator of your specific needs or of any food allergies. Special dietary needs can be accommodated.




Sign Up Today

Our team can provide you with the information you need to receive our services or to get further support for a loved one. To get started, please call us or visit our website.

 (416) 493-3333

 info@splc.ca

 www.splc.ca

 **Senior Persons Living Connected**
3333 Finch Avenue East
Scarborough, Ontario M1W 2R9



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Meals-on-Wheels and Nutrition Awareness

Delivering healthy and delicious meals right to your home

www.splc.ca

416 493 3333

everyone here belongs



About the Service

Our Meals-on-Wheels program delivers hot and frozen nutritious meals right to your door. We can also provide you with information on how to eat healthy, lead an active lifestyle, and live independently.

Each hot meal includes soup, main course and dessert. Meals are dietitian approved with cultural preferences in mind.



More than just Meal Delivery

Hot meals are delivered from Monday to Friday between 11:30am and 1:30pm. Frozen meals are delivered on Fridays.

Our Meals-on-Wheels friendly visitors come right to your door and can also help with opening food containers and removing wrapping. They also make sure that you are safe, healthy and well.



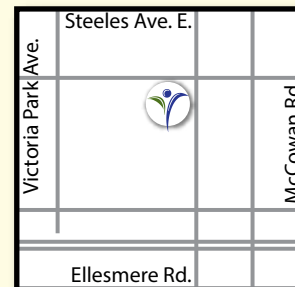
Cost

The cost of each hot meal is \$6.75*

* Subject to change without prior notice.
Please call to confirm pricing.

Service Area

You can use this service if you live in the area of Steeles Avenue East to Ellesmere Road, and Victoria Park Avenue to McCowan Road.



Healthy Eating

If you want to know more about healthy eating or have questions, you can attend a healthy eating workshop or meet with a registered dietitian.

For more information call us at 416-493-3333.



We deliver more than just your meals