

## Meals on Wheels

Meals on Wheels is a community service for individuals who are unable to prepare adequate meals.

The purpose of the program is to maintain and/or improve the nutritional status of these individuals, to provide a regular social contact, and to check on their safety and wellbeing while permitting the recipient to remain comfortable and independent in their own home.

If you are a resident of Nipigon, Red Rock, Dorion and/or Hurkett the Hospital's Dietary Department in collaboration with the Assisted Living Program will prepare deliver a hot evening meal to be delivered to your door Monday through Friday, excluding statutory holidays. Prior to delivering your first hot meal, you will discuss your diet requirements (ie. diabetic diet), food allergies, likes/dislikes, restrictions and textures as well as the cost involved.

For more information, please contact our Dietary Supervisor at (807) 887-3026 Extension 1232 or by email to [ccameron@ndmh.ca](mailto:ccameron@ndmh.ca)