

2024

Meals on Wheels

**Middleton,
Annapolis Royal,
Clementsport**

A non-profit organization
serving the communities of
Middleton, Annapolis Royal,
and Clementsport

What does Meals on Wheels do?

The goals of the program are to:

- › deliver pre-made, affordable meals to community members.
- › support community members' independence.
- › promote good nutrition and overall well-being.

What are the benefits?

- Helps you access affordable, nutritious meals delivered directly to your home
- Helps if you are limited in your daily activities or you have trouble preparing well-balanced meals
- No time commitment
 - › You can use this service for as long as needed (short or long term).

When are meals delivered?

- Mondays, Wednesdays, and Fridays in the late morning

- Delivery dates may be affected by statutory holidays and bad weather.
- For more information about changes to the schedule, call the contact person for your area.

Meals usually include:

- › Soup or salad
- › Dinner roll
- › Entree, including a serving of meat and at least 2 vegetables
- › Dessert

What if I have special dietary needs?

Meals on Wheels will try to meet your dietary needs like:

- › Low sodium
- › Low fat
- › Diabetic
- › Easy to chew

What is the cost?

- \$5 for each meal

How can I take part?

- You may contact the program directly.
- You may be referred to the program by someone (like a family member, a social worker, clergy, a health care provider, or Continuing Care).

For more information, call the contact person for your area:

Middleton

- Bette MacIsaac
 - › Phone: 902-765-6698

Annapolis Royal and Clementsport

- Annapolis Community Health Centre
 - › Phone: 902-532-4022



What are your questions?
Please ask a member of your
health care team.
We are here to help you.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

*Prepared by: Soldiers' Memorial Hospital and
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