

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

Meals on Wheels

**Middleton,
Annapolis Royal,
Clementsport**

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
Annapolis Community Health Centre Food Services
Designed by: Nova Scotia Health Library Services*

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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