

# HOT & FROZEN MEALS ON WHEELS



# HCSS

**HOME & COMMUNITY  
SUPPORT SERVICES**

**GREY - BRUCE**

Nutritious and delicious meals prepared locally for Grey & Bruce individuals who struggle to obtain and prepare meals for themselves.

**HCSSGREYBRUCE.COM**



## HOT & FROZEN MEALS ON WHEELS

Home & Community Support Services Grey-Bruce Hot & Frozen Meals on Wheels program provides individuals who struggle to obtain and prepare nutritious meals for themselves. We offer worry-free meals prepared by local meal providers with the right amount of healthy nutrients. Hot and frozen meal choices offer special diet accommodation options helping to keep healthy food available for you or your loved one.

There are no eligibility requirements for this program and can fit both short and long term clients.

This program is made possible by our dedicated team of meal delivery volunteers and local restaurant partners.

There is a client fee for this service. Financial assistance may be available.



**CALL US FOR MORE INFORMATION**  
**519-372-2091 OR 1-800-267-3798**  
**OPTION 3**