

Food and Grocery Resources for Older Adults Acton

Meal Programs

Links2Care Meal Programs

- **69 Acton Blvd., Acton**
- (519) 853-3310 info@links2care.ca [Meal Program Brochure](#)
- links2care.ca
- Meal Program Gift Certificates Available
- Services provided include:
 - **Meals on Wheels:** Hot meals or soup and sandwich delivered at lunch Monday to Friday
 - **Meals on Ice:** Frozen meals ordered ahead of time and delivered to your home weekly. (Special diet and texture modified meals available)
 - **Tuesday Supper on Wheels:** A prepared entree and dessert delivered to your home on Tuesdays by friendly volunteers. Call or email to place your order by Monday at 12pm. Choose from 3-4 menu options.
 - **Congregate Meals:** Monthly Building Lunches in Halton Hills: Enjoy a warm meal and good company right in your own building! Meal dates and sign-up sheets are posted in each participating seniors' building. Want to know if this program is available in your building? Call [905-873-6502](tel:905-873-6502)
 - **Wheels to Meals:** Join us for a fun lunch outing to a local restaurant or alternative community venue. Lunch is paid by each participant, and low-cost transportation options are available.

Heart To Home Meals- Frozen Meals

- 1-844-409-0050
- hearttohomemeals.ca
- Frozen Meals are delivered to your home
- Gift Cards Available
- Special diet and texture modified meals available

Grocery Delivery or Pick up Services

1. **Voila by Sobeys**
www.voila.ca
Delivery fee applies
2. **Pick Up at Walmart**
www.walmart.ca/grocery
Order groceries online and they will pick out the groceries and bring them out to your car. Delivery is available for a fee.
3. **The Real Canadian Superstore PC Express**
<https://www.realcanadiansuperstore.ca/en>

Order groceries online, they will pick out the groceries and bring them out to your car. Small fee applies depending on the day and time. Delivery available.

Central Registry

There are many food services in Mississauga, Milton, Oakville, Georgetown and South Etobicoke communities. Our Central Registry team helps you access the right food options based on your need. <https://www.centralregistry.ca/food-support-programs>

Ideas for Families to Help Seniors with meals:

- Stop over for a visit during mealtimes
- Take them grocery shopping
- Have them over for a meal and send leftovers home with them
- Bring a meal to share at their home.
- Stock their freezer and fridge with easy to prepare meals.
- Buy them gift cards for the above meal programs

Recipes

- 1) **A Guide to Healthy Eating for Older Adults**
[https://www.unlockfood.ca/EatRightOntario/media/ERO_PDF/en/Seniors/Food-For-Healthy-Aging_E_Apr19-\(2\).pdf](https://www.unlockfood.ca/EatRightOntario/media/ERO_PDF/en/Seniors/Food-For-Healthy-Aging_E_Apr19-(2).pdf)
- 2) **Recipe Resource for Healthy Aging**
<https://the-ria.ca/resources/recipe-resource-for-healthy-aging/>
- 3) **Older Adult Nutrition Screening – Resources for Older Adults**
<https://olderadultnutritionscreening.com/resources-for-older-adults/>
- 4) **One Dish Kitchen- Recipes for One Person**
<https://onedishkitchen.com/cooking-for-one-recipes/>

Cookbooks for Cooking for 1 or 2 people

- 1) **Fresh and Healthy Cooking for Two: Easy Meals for Everyday Life** By: E Topp RD and M Booth RD (available at the Halton Hills Public Library)
- 2) **Healthy Cooking for Two (or just for you)** By: Frances Price

Homemaking Programs

Acclaim Health - Halton

- Provides home support that may include assistance with grocery shopping, meal planning, and preparation.
- Free exercise classes
- 905-827-8800 or 1-800-387-7127
- www.acclaimhealth.ca

Links2Care – Shop Assist

For seniors, adults with disabilities, and single parents who:

- require essential grocery items;
- are unable to shop independently; AND have no family/friend supports available;
- have a credit card for payment of groceries (delivery is free) as we are unable to

accept cash transactions.

- [Learn more here](#) or call: (905) 873-6502 or email info@links2care.ca

Links2Care – Home Help Program

Provides assistance with **laundry, light housekeeping, light meal preparation, and grocery shopping** with the goal of supporting seniors and adults with disabilities to be able to remain in their own homes.

- The Home Help program fee is geared to income.
- 905-844-0252 or 1-866-844-0252

Recreation

Hillsvie Active Living Centre

- <http://www.haltonhills.ca/50plus/index.php>
- 415 Queen Street, Acton (right side of the Acton Arena)
- 519-853-5951

If you need more information please the call the Halton Region at 311 for more information on Seniors Programs and Resources