

2021

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' ongoing independence.
- › promote good nutrition and overall well-being.

How can I take part?

You may contact the program directly, or be referred to the program by someone (such as family, a social worker, clergy, health care provider, or Home Care).

What are the benefits?

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

When are meals delivered?

- Meals are 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 (see back cover).

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, such as:

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

What is the cost?

- \$5 for each meal
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**For more information, call
the contact person for your
area:**

Middleton

Bette MacIssacc

› Phone: 902-765-6698

**Annapolis Royal and
Clementsport**

Annapolis Community Health
Centre

› Phone: 902-532-4022



What are your questions?
Please ask.
We are here to help you.

Looking for more health information?

Find this pamphlet and all our patient resources here:

<https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources. For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time:

Call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community:

Call 211 or visit <http://ns.211.ca>

*Nova Scotia Health Authority promotes a smoke-free, vape-free,
and scent-free environment.*

Please do not use perfumed products. Thank you!

www.nshealth.ca

*Prepared by: Soldiers' Memorial Hospital and
Annapolis Community Health Centre Food Services*

Designed by: NSHA Library Services

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The information in this pamphlet is to be updated every 3 years or as needed.

