



Meal Delivery Services

What can a meal delivery service offer me?

- A variety of fresh or frozen meals delivered to your home
- Special diet accommodations such as:
 - Low sodium
 - Diabetic
 - Pureed
 - Vegetarian
 - Gluten-friendly



Who can benefit from meal delivery?

- Individuals living in the community who are unable to prepare complete meals on a regular basis
- Seniors living alone
- Individuals with physical or cognitive impairments
- No age requirements, no doctor referral

How much does meal delivery cost?

- Cost varies depending on location of your home and the amount of food you order
- Direct billing to Veteran's Affairs and Blue Cross available at some locations

Here is a list of some of the places in Winnipeg that prepare and deliver meals:

- Food for Thought
- Harman's Meal Service
- Heart to Home Meals
- Meals on Wheels
- Supper Central

Other meal options to consider are pre-made meals from places such as:

- M&M Meat Shops
- Grocery stores such as Safeway/Sobeys/Superstore/Save on foods
- Your local deli

Please note: The companies listed are not necessarily endorsed by your Occupational therapist or the WRHA. This is not an exhaustive list.

Please call or email for menu options and further details. Food items and price are subject to change.

FOOD FOR THOUGHT

Address: 840 Erin Street

Phone: 204-772-3663

Website: www.foodforthoughtcatering.ca/

Hours: Mon - Fri 8:00am - 5:30pm

Sat - Sun Closed

Cost and Meal Description:

- *Frozen meals:* \$7.59 and up wide variety of meals available
- Bulk/larger sizes are also available (1kg-2.5kg) at an increased cost
- Over 41 different menu items to choose from. A variety of dishes and meals are offered, including vegan, vegetarian, meat, gluten-friendly, and dairy-free.

Delivery:

- Minimum order for delivery is \$30.00
- Weekday frozen food delivery is \$12.99
- Will deliver city wide Monday-Friday; Closed on Saturday and Sunday.
- Special delivery rates for Oakbank, Headingley, East and West St. Paul
- Meals can also be picked up during business hours Mon-Fri (8:00am-5:30pm)

To Order:

- Call 204-772-3663 to order between 9:00am – 1:00pm
- Order online at www.foodft.ca
- Email: sales@foodft.ca

Payment:

- Credit cards and Visa Debits accepted
- Cash and Cheques accepted at the time of delivery, note: \$5 return fee applies

HARMAN'S MEAL SERVICE

Address: 857 Sargent Avenue

Phone: 204-233-5005

Website: www.harmanmealsservice.com

Hours: Sun - Mon Closed

Tues - Sat 9:00am - 5:00pm

Cost & Meal Description:

- Each meal costs \$9 (including taxes and delivery)
- Dessert, soup, or salad may be added to meals for an extra \$1.50
- Special diets may be accommodated upon request. (An extra charge may be added to the cost of meal)

Deliveries:

- Meals are delivered five days a week
- Free city-wide delivery

To Order:

- Call 204-233-5005 one day in advance for delivery
- Email: luis@vienadocastelo.com

Payment:

- Clients are billed monthly if 4 or more meals are ordered per week
- If 3 or fewer meals ordered per week, meals must be paid upon delivery
- Cash and cheque accepted; credit card payments accepted with a 2% processing fee
- Direct billing to Veteran's Affairs Canada or third-party insurance available

HEART TO HOME MEALS

Phone: 204-816-8659

Website: <https://www.hearttohomemeals.ca/>

Hours: Mon - Fri 8:30am - 5:00pm

Sat - Sun Closed

Cost & Meal Description:

- Frozen meals: ready to reheat in the oven or microwave, cooking instructions included
- Variety of breakfast, lunch, dinner, soup and dessert options – each individually priced (see menu online)
- Different sizes available – mini, regular or hearty sizes
- Vegetarian, gluten-friendly, dairy-free, low sodium and controlled potassium and phosphorus meals and specialty textured diets available (minced and pureed meals, thickened soups)

Deliveries:

- Delivery once per week, between 8:30am and 5:00pm Monday- Friday
- Delivery day of week dependent on postal code
- Free delivery

To Order:

- Order by phone 204-816-8659
- Order online at www.hearttohomemeals.ca/
- No subscription fee or minimum order required

MEALS ON WHEELS

Address: 174 Hargrave Street

Phone: 204-956-7711

Website: www.mealswinnipeg.com

Hours: Mon - Thurs 8:30am - 4:00pm

Friday 8:30am - 3:00pm

Sat - Sun Closed

Cost & Meal Description: Diet restrictions may be accommodated. All meals are planned under the supervision of a Registered Dietician in accordance with Canada's Food Guide.

- Standard Hot Meal: \$6.00 (Large Portion Meal \$7.00 in limited areas only)
Consists of *soup or milk or juice*, entrée (protein, starch & vegetable), crackers and dessert.
- Supplementary Cold Supper Bag: \$4.00 (Delivered at the same time as hot meals)
Consists of a sandwich and a side salad or dessert, as well as either milk or juice.
- Frozen Meals: 5 for \$22.00
Consists of entrée and soup choices. Standard and specialty diets available – gluten free, vegan, total minced, pureed, minced, blenderized, low sodium,

Deliveries:

- Meals are delivered daily to clients between 11:00am - 1:00pm Mon-Fri. (Sat/Sun in some areas)
- Minimum of 2 days per week, up to 7 days per week (dependent on area in Winnipeg)
- Free delivery and no taxes

To Order:

- Order by phone 204-956-7711
- Download and complete an application form at <http://www.mealswinnipeg.com/get-meals/apply-now/> and send via: **Email:** info@mealswinnipeg.com; **Fax:** 204-956-7722; OR
Mail: Meals on Wheels of Winnipeg, 174 Hargrave Street, Winnipeg, MB, R3C 3N2

Payment:

- Clients are billed once a month
- Invoice payments can be made by cash, cheque, money order or pre-authorized debit
- Credit card accepted for initial setup only

SUPPER CENTRAL

Address: 2355 McGillivray Boulevard
Phone: 204-290-0909
Website: www.suppercentral.ca

Hours: Mon - Fri 11:00am - 6:00pm
 Saturday 11:00am - 4:00pm
 Sunday Closed

Cost & Meal Description:

- Ready to cook meals: Fully prepped ingredients with step-by-step instructions to cook them
- Frozen meals: "Heat & Eat meals" - single-served portions ready to reheat in the oven or microwave.
- A variety of dishes are available, including specialty diets (e.g., gluten-free, dairy-free, vegan, vegetarian)
- Custom meals may be created by phone request

Deliveries:

- Delivered by courier Mon - Fri 11:00am-5:00pm for \$13 (free delivery for order over \$75)
- Meals can also be picked up at 400-2355 McGillivray Blvd.; Winnipeg, MB

To Order:

- Order by phone: 204-290-0909
- Order online at www.suppercentral.ca

Payment:

- Prepay with credit card for delivery orders
- Cash, credit, and debit available for in-store pick up orders

