

Meals on Wheels

SCHC General Information



Scarborough Centre for Healthy Communities



@SCHCONT

ask@schcontario.ca 416 642-9445

Contact Us!

Registration & Information:

cssintake@schcontario.ca

416 847 4134

Program Team:

mealsonwheels@schcontario.ca



Fees apply please contact the program coordinator for information.

Catchment: East of Brimley Rd to Pickering Town Line
South of Steeles to the Lake

Meals on Wheels delivers hot and frozen meals to people in need of nutritional support. We service seniors, adults with disabilities, those who are chronically or acutely ill, and/or individuals who have just left the hospital. Clients may receive meals on a short or long term basis, five days a week depending on the need of the individual.

Each hot meal consists of an Entrée, Soup and Dessert. Entrees may include meat, fish, or poultry with potatoes and vegetables, rice or pasta. We accommodate special diets such as diabetic, low fat, low sodium, minced, vegetarian etc. The frozen meal program offers a large selection of delicious home style meals, soups and desserts.

Meals on Wheels is one of our many programs that assists seniors to remain independently in their homes for as long as possible.

Delivery Time

11:00 a.m. – 2:00 p.m.

Monday to Friday

Contact the Community Support Services Intake Team for more information

Meals on Wheels depends on volunteers to make this program possible. Please call the number below if you can spare two hours at least once a week

Contact Abha Govil

416-847-4127

agovil@schcontario.ca

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