

Meals on Wheels in Wingham

Take the worry out of cooking and eating well

Hot Meals to Your Door

- Lunch time meals
- Tuesday to Friday
- Delivered right to your door
- Homemade, fresh prepared
- Salad, entree, vegetable, dessert

Frozen Meals also available

- Choose from a varied menu
- Soups, entrees, desserts
- Delivered to your door



Ontario
Trillium
Foundation



Fondation
Trillium
de l'Ontario

With support from the
Ontario Trillium Foundation

If you would like to volunteer to deliver meals please call



1-877-502-8277

www.onecaresupport.ca

Huron & Perth Counties' local community health care provider