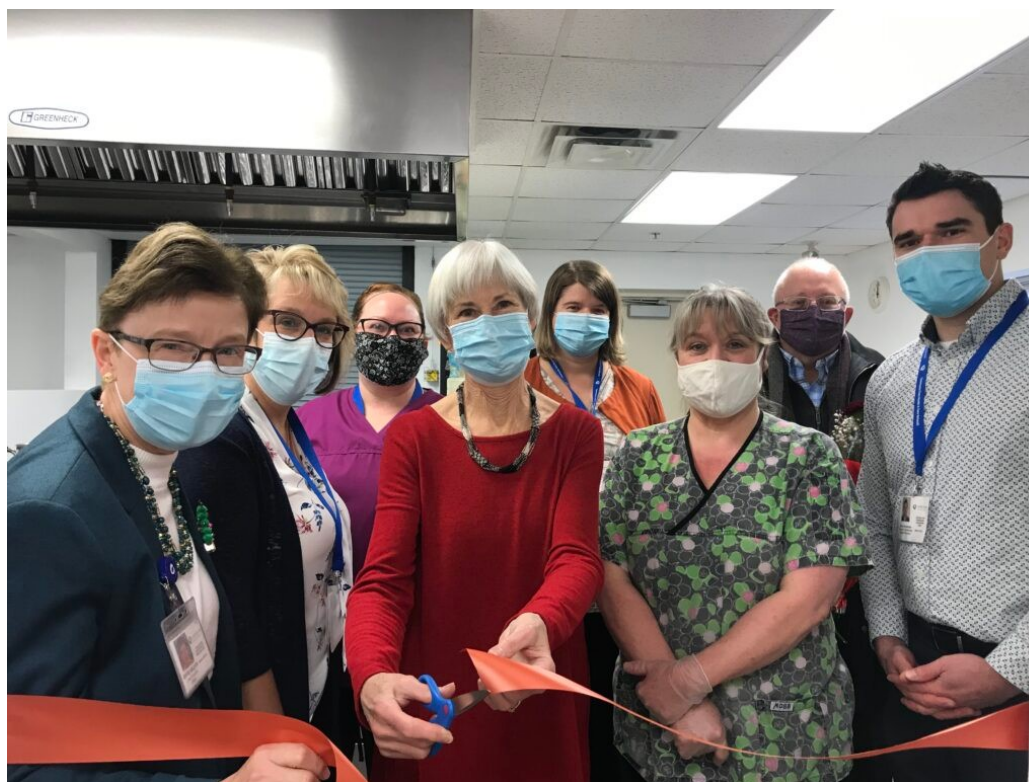


Meals On Wheels Doubles Production Capacity Amid Growing Demand

By Pamela Vanmeer - February 1, 2021



Community Care Founder Valmay Barkey and Village Housing Board Chair John Saunders join Community Care staff for the official ribbon cutting on Dec, 14, 2020

KAWARTHA LAKE-Community Care City of Kawartha Lakes has opened a second kitchen, effectively doubling the organization's Meals on Wheels production capacity. Village Housing in Lindsay has welcomed the program into its commercial kitchen, fulfilling a long-standing vision for the partnership. This allows Community Care to cook and serve nutritious and delicious hot meals to even more residents across the City of Kawartha Lakes, while also providing an important social interaction and wellness check.

Meals on Wheels has seen a large increase in demand since the start of the pandemic, as the program has been able to help seniors and adults with special needs or mobility issues receive healthy, fresh meals while staying safe at home. From March 2020, to the end of December 2020, over 28,000 meals were delivered throughout the City of Kawartha Lakes to over 400 of the community's most vulnerable people.

"Meals on Wheels is an important service for the many seniors and adults with special needs in our community, and we're thrilled to be able to feed more people than ever with this expansion," said Teri Wentworth, Food Services Supervisor, Community Care City of Kawartha Lakes. "Meals on Wheels offers more than a meal. We're proud to keep people healthy and fed, while ensuring their safety through our wellness checks when meals are delivered."

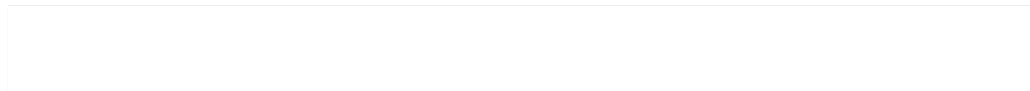
Meals on Wheels are delivered directly to clients' doors across the City of Kawartha Lakes, offering a monitoring and social connection component. These quick check-ins ensure the clients' wellbeing and allow staff and volunteers to identify any issues or the need for additional services.

For the low price of \$6.50, clients receive a nutritionally balanced, delicious, home-made hot meal that includes soup or salad, protein, starch, vegetable and dessert. Hot meals are able to accommodate vegetarian, diabetic, low sodium, puree/minced, and diverticulitis diets.

Frozen meals are also available for those who may want to eat on a different schedule. Our frozen meal menu contains 150+ options, including specialty items to accommodate gluten free, diabetic, low sodium, pureed, minced, lactose free, no seeds or nuts, vegetarian, low fat, renal diets, vegan and low calorie diets. Frozen entrees cost \$4.75, while soup and dessert are \$1.75 each.

The new kitchen was funded in part by the Government of Canada's Emergency Community Support Fund, facilitated by the Community Foundation Kawartha Lakes.

To register or inquire about Meals on Wheels, please call Community Care at 705-324-7323. For more information, visit www.ccckl.ca/mow.



Pamela Vanmeer

<https://www.kawartha411.ca/>

Pamela VanMeer is a two time winner of the prestigious Radio Television Digital News Association (RTDNA) Award. Her investigative reports on abuse in Long Term Care Homes garnered international attention for the issue and won the Ron Laidlaw Award. She is a former reporter and anchor at CHEX News, now Global Peterborough and helped launch the New CHEX Daily, a daily half hour talk show. While at CHCH News in Hamilton she covered some of the biggest news stories of the day.

