

# Passing the Taste Test

## *Meals on Wheels invites residents to sample their fare*

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Take the Meals On Wheels Taste Taste, residents of Percy Manor in Colborne were invited last Wednesday noon.

"We invited all residents to sample a meal with us to see and taste first-hand what our meals are like," Christine Zinck of Colborne and Area Community Care explained as she, the chefs and volunteers served tables.

"This way, people can sample a meal, taste its freshness and see what the food is like. That way, they can make an informed decision on whether or not they would like to order meals for delivery."

It quickly became apparent that for most, one meal easily qualifies as two. Hot soup or salad with fresh tea biscuit or roll followed by a hot dinner with entree and two fresh veggies and - the finale - a fresh dessert (trifle today!).

"All our Meals On Wheels deliveries are prepared fresh the same day," notes Christine. "They're made in the morning by our two chefs.



Janet Chamberlain, left, and June Murray are the expert chefs who prepare the fresh meals each day Meals and Wheels volunteers deliver in and around Colborne. June has been preparing meals for 10 years now.

For June Murray, a 10-year chef for the program, the menu of the day reflects seasonal fresh veggies and themes. She and

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fellow chef Janet Chamberlain cook up a storm, from the fresh ingredients each time, and then package the meals in their separate containers.

"We also cater to special diets, like diabetes, purees for dialysis patients, of salt-restricted diets," notes Christine. Each meal comes labelled with the recipients' name, so no confusion results. After the meals are packaged, individual or community group volunteers deliver the hot meals in the thermos bags to local homes.

"Each meal costs \$4," notes Christine, "and there is no charge for delivery to seniors, people with disability or on doctor's orders."

But anyone can order the meals for \$4 purchase.

"Last week, we had a man purchase meals for his parents," notes Kristine. "And we have busy working people who order the meals for

their families so they are sure they have good, healthy food.

There are no preservatives or artificial ingredients in our meals."

If the fresh-today offering isn't possible, you can also pre-order frozen meals. The costs vary, depending which of the 31 entrees are selected. Frozen dessert options are also available.

"We order our frozen meals once a month from Toronto," notes Kristine. "That way, people can always have them ready in the freezer for use at their convenience."

Wednesday's Percy Court repast earned high praise from the guests - many apologizing for their inability to actually get through all the food.

"We'll be inviting people to sample a meal at maple Court, too, and we also plan to have doctors sample the meal. That way, everyone knows what's available - and how good the meals are."

For more info on about ordering fresh or frozen meals and the Meals on Wheels delivery program, call Colborne and Area Community Care at (905) 355-2989.