## **NOURISHING SUPPORT ON THE WAY**

## **DINNER DELIVERY** PROGRAM COMING FOR SENIORS AND THOSE WITH **DISABILITIES**

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Links2Care is expanding its meal program offerings to include a nutritious dinner delivery for local seniors and adults with disabilities. Aptly named Supper on Wheels, the pilot project will see freshly made meals from local food service The Lunch Lady delivered by volunteers on Tuesday evenings, starting June 1. The new initiative builds on the Meals on Wheels lunch program, which is also provided in Halton Hills by Links2Care.



The Lunch Lady photo The Lunch Lady offers a variety of meals, such as shepherd's pie.

"The idea of our new Supper on Wheels is to extend that benefit (of Meals on Wheels) through to the long, lonely evening hours and eventually maybe even to weekends as well," said Janet Battista, Links2Care's community support and meals program co-ordinator.

'Volunteers are bringing food, sure, but equally important is the check-in and chatting, particularly during the pandemic lock-

down. Social connection's impact on well-being is well-documented."

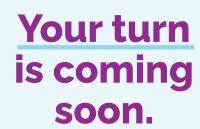
The Lunch Lady got its start providing hot meals to students in schools and is now branching out to serve fresh meals to individuals and families through home delivery, and partnering with organizations like Links2Care.

Supper on Wheels costs \$9.60 and can be ordered as a one-time treat or a regular delivery. Gift certificates are also available.

Links2Care offers a variety of other programs for seniors and adults with disabilities, with many being free or subsidized, including home maintenance, grocery shopping and delivery, bathing assistance and phone assurance.

For further details visit links2care.ca, call 905-873or email fo@links2care.ca.







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