



FROZEN FEAST: Acton senior George Delong knows he will enjoy a convenient and nutritious meal with the Meals-On-Ice program offered by Halton Hills Community Support and Information senior's co-ordinator Mary Schnurr. — Frances Niblock photo

More frozen food choices offered to Acton Seniors

By **FRANCES NIBLOCK**
The New Tanner

The options have doubled for elderly Acton residents who want to eat healthy foods without having to go out and shop.

Halton Hills Community Support and Information's Meals-On-Ice program has expanded to add a second supplier, and that means a new selection of frozen entrees with more variety and choices.

"The Meals-On-Ice program is geared to people living on their own — people who might not want to cook for themselves — the people who might otherwise settle for tea, toast and soup," said HHCSI's seniors' co-ordinator Mary Schnurr, adding the new Entrée Plus single servings can be microwaved or prepared in the oven.

"Unlike the Meals-on-Wheels program where prepared meals are delivered daily, these frozen meals are ordered in advance and delivered the next week by volunteers," she said, adding typical meals include roast beef, Shepherd's Pie, meat loaf, all with vegetables.

"They also cater to special needs and offer frozen meals for diabetics, gluten-free, lactose-free or soft food," Schnurr said, adding

that the Entrée Plus is not a retail line of food, but a health care line of food.

A minimum order is seven entrees for \$25.

One happy customer is Acton's George Delong who said he enjoys the convenience and the taste of the frozen entrees.

When he lost most of his eyesight, Delong found it more difficult to cook, but still wanted to eat nutritious and delicious meals.

"It is very nice — it's pretty close to gourmet," Delong said on Tuesday.

"I order the chicken, turkey and fish. It's very easy to heat in the microwave — they take between five and 10 minutes," Delong said, adding he orders a month's worth at a time and that way always has a choice of what he wants for dinner.

For more information about the Meals-On-Ice program call 853-3310.

Eating out? - dine wisely

Acton restaurants and take-out food vendors, and those throughout Halton, will be asked to comment on Halton's plans to make its "Dinewise" program of disclosing restaurant inspection reports mandatory.

Halton's voluntary disclosure program has been in place for almost two years, with over 550 restaurants — approximately 60 per cent of all restaurants in the Region — participating and displaying their Certificate of Inspection.

Last week, Halton Council voted to direct staff to prepare a draft bylaw making the Dinewise program mandatory, and then circulate it to all restaurants and report back to Council this fall.

Committee member, Regional Wards 1/2 Councillor Clark Somerville said he favours a mandatory Dinewise program "if the restaurants buy into it."

A recent telephone survey of restaurants already taking part in Dinewise found a wide majority in favour of making the food safety inspection reports mandatory.

Quarry appeal

Dufferin Aggregate's recent approval to expand its quarry operation that straddles the Halton Hills /Milton boundary in the south part of Halton Hills has been appealed to the Ontario cabinet by two local environmental groups.

The Coalition on the Ni-

Town Digest

agara Escarpment (CONE) and Protect Our Water and Environmental Resources (POWER) will argue approval by a joint Ontario Municipal

Board/ Environmental Review Tribunal is contrary to the public interest because it favours the short term economic gain of 10 to 12 more years of gravel extraction over concern for long-term environmental harm to the Niagara Escarpment.

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|--|---|---|---|
| Leisure Swim 12:00-1:30pm | Leisure Swim 2:00-4:00pm | Leisure Swim 2:00-4:00pm | 1:30-4:00pm |
| Family Swim 1:30-3:00pm | | Family Swim 4:00-5:30pm | |
| | | Leisure Swim 6:30-7:30pm | |

Don't forget the Georgetown South Community Park splashpad! It's behind Gellert Community Centre and open daily from 10am—8 pm!