



MEAL RESOURCES

MEAL SERVICES

CHEFS PLATE: www.chefsplate.com

- Weekly meal delivery service. Receive pre-portioned ingredients to make the meal and follow the recipe provided
- Cost: \$10 - \$11 per plate, plus delivery fee (\$6). See website for further details

EDMONTON MEALS ON WHEELS: Phone: 780.429.2020, 11111 - 103 Ave., www.mealsonwheeledmonton.org

- Variety of meal options including diabetic, vegetarian, modified consistencies, low fat and sodium (Gluten-free meals not available)
- Hours: 8 a.m. to 4 p.m (Mon - Fri), no delivery charge for orders over \$40 within Edmonton (Pick up available)
- Subsidy available for qualifying low income clients (\$3/day for hot meal program)

HOT MEALS

- Standard one meal package (soup, main course, fruit/salad and dessert) for \$9.50 per day, per person, per meal (additional breakfast and lunch packages available)
- Meals delivered between 10:30 a.m. - 1 p.m. Mon - Fri, frozen meals delivered on holidays and weekends
- \$50 enrollment fee includes first 5 meals

FROZEN MEALS

- Over 40 available entrée items available (soups \$2, main meals \$6, desserts \$4, meal replacement beverages \$1.50)

FRESH FIT FOODS: Phone: 587.523.7033, www.freshfitfoods.ca

- Pre-made meal service - order meals online or select from in store Grab & Go meals
- Pick up meals inside World Health gyms across Edmonton and surrounding area
- See website for pick up locations and pricing information

Please talk to your family doctor about PCN services.
edmontonsouthsidepcn.ca

HEART TO HOME: Phone: 1.800.704.4779, www.hearttohomemeals.ca

- Frozen meals - offer over 200 choices of frozen soup, entrée and dessert
- Specialty dietary meals available (see website for further information)

MEALIFE: Phone: 587.525.8020, www.mealife.com

- Weekly pre-made meal delivery/pick-up service
- Vegan and gluten-free meal options available (but it is not a gluten-free facility)
- See website for pick up locations and pricing information

PDG HOSPITALITY CORPORATION:

Phone: 780.988.0266, 10053 - 111 St.

- Variety of meal options available (\$ 5 - \$7.50). Can accommodate food allergies, intolerances (i.e. gluten/dairy free) and food consistencies (minced/puréed) for a minimal surcharge
- Meals delivered fresh or frozen (\$6 - \$10)
- Delivery available to Edmonton, St. Albert and Sherwood Park, fee waived if order is picked up

SAGE MEALS (SUNSHINE CAFÉ): Phone: 780.423.5510 (ext. 312), 15 Sir Winston Churchill Square, www.mysage.ca/ordermeals.com

- Frozen soups and entrées available for pick up (\$3.75-6.95). Delivery available for SAGE members only

Please note this information is current as of January 2017

SIMPLY SUPPER: Phone: 780.433.6958,
#1, 2305 Rabbit Hill Road, www.simplysupper.ca

- Assemble own meals in-store and cook at home following the recipe provided (must book a session in advance). Pre-assembled meals are also available
- Cost per service is \$4.97, see website for further details

GROCERY DELIVERY/PICK UP SERVICES

Note - Many grocery stores have delivery/online order and pick up service available that are not always advertised. Contact customer service at your local grocery store to see if this service is available.

MEALS ON WHEELS “GROCERY BAG”: Phone: 780.429.2020,
<https://mealsonwheelsedmonton.org/grocery-bag-delivery/>

- Grocery shopping, delivery and unpacking service available for low income, homebound or disabled Edmontonians (See website for further details)
- Cost - price of groceries plus delivery fee of \$7/shop (minimum \$40 order)

SHOP FOR YOU: Phone: 780.487.7745

- Shop at any store of your choice and have groceries delivered to your home
- Cost - price of groceries plus delivery fee (\$12-18 depending on size of order, \$2 for each extra stop)

SUNTERRA MARKET (LENDRUM):
Phone: 780.434.2610, www.sunterramarket.com

- Order online and have groceries delivered to your door (Mon-Sat)
- Cost - price of groceries plus delivery fee of \$8 within Edmonton (no minimum order)

SUPERSTORE: “Click and Collect” - www.shop.superstore.ca

- Order groceries online then pick up your order in store
- Available at select locations across Edmonton and surrounding area (see website for further details)
- Cost: \$3-5 depending on time of pick up (\$30 minimum order). Same-day pick up available

NUTRITION WORKSHOPS

EDMONTON SOUTHSIDE PRIMARY CARE NETWORK:
Phone: 780.395.2626, www.edmontonsouthsidepcn.ca

- **Grocery Shopping Tour:** Tour a grocery store with a dietitian. No cost. See website for further details
- **Meal Planning:** Receive meal planning tips from a dietitian. No cost. See website for further details