

## Pointe au Baril Wheels to Meals at the Station

These meals are free for a limited time, ending March 31, 2024.

The Wheels to Meals service aims to support seniors 65 and older who cannot prepare healthy meals due to a lack of energy, skill, or equipment.

We encourage community inclusion to ensure all seniors have access to meal preparation alternatives and to support neighbours helping neighbours.

Those who drive and assist seniors in receiving a meal also qualify for a meal.

Everyone must be registered as either a volunteer or a client.

All those who qualify will receive a meal card to be shown at the station.

One meal per day.

This is made possible through partial funding from Ontario Health North.

A second community grant partly funds the meal revenue recovery. This is why this is a free, time-limited offer.

Our service promotes good nutrition, social contact, and safety and well-being.

### Frozen Meals

The program will assist individuals who are:

- Caregivers
- Physically weak or have limited mobility
- Convalescing from hospital
- Suffering from chronic illness
- An individual with a physical disability

### What if you need a special diet?

Frozen meals include special diets: minced, puree, gluten-free, sodium-reduced, and low-calorie.

[For further details, contact our office at 705-746-5602 and ask for Meals on Wheels.](#)



West Parry Sound District  
**COMMUNITY**  
SUPPORT SERVICES

21 Belvedere Avenue  
Parry Sound, ON P2A 2A2  
Telephone: 705-746-5602  
Website: [www.parrysoundsupportservices.ca](http://www.parrysoundsupportservices.ca)