



Healthy Meal Options for Seniors

Here are some programs to help MD Seniors and residents under 65 who are handicapped or temporarily convalescing to have healthy meals in their homes. Eating healthy meals is an important tool to help you stay healthy and independent for as long as possible.

The freezer section of your local grocery store has many nutritious and tasty meal options to consider.

Family and Community Support Services (FCSS) in Canmore and Cochrane both have Meal programs to help seniors receive a nutritious main meal without having to cook.

The programs bill you on a regular basis for the food and help make the meal pickup/delivery arrangements with or for you.

Meals for your Freezer - in Cochrane you can call FCSS before noon on Tuesday to order frozen entrees (\$6) and soups (\$5) prepared by Calgary Meals on Wheels for pick up or delivery in town the following Tuesday. Call 403-851-2250 for more information.

Meals to Go program at Cochrane's Big Hill Lodge provides hot food (\$7), that the Cochrane Activettes deliver mid-day in Cochrane on a regular weekday schedule, no holidays or weekends. The menu is the same as what is being served that day at the lodge, low salt or diabetic diets can be accommodated but not dislikes. Special arrangements may be possible for MD residents to purchase these meals if they have someone to deliver for them. Call 403-932-3355 to discuss that.

Meals on Wheels in Canmore is coordinated by FCSS and provides hot meals from the Bow River Lodge (\$6) or the Canmore Hospital for special diets (\$7). Volunteers deliver inside Canmore but arrangements can sometimes be made for delivery to MD Hamlets. For more information, call Mavis at 403-609-3749.

If there is a significant need for meal deliveries in a particular MD hamlet we can work together with these programs to add more features or options for that area.

If you or someone you know needs this service, after you have spoken with the program if you would like a little help getting it arranged or if you want to volunteer to provide food delivery, please call the MD's Community Services Coordinator at 403-673-3611 or 403-223-7678, extension 223.