

Arnprior-Braeside-McNab
Seniors at Home
Program Inc

FROZEN MEAL PROGRAM



Nutrition when you need it most

Your Frozen Meal Program

Frozen Meals are delicious, nutritionally balanced and designed particularly for seniors by Apetito. Wonderful main dishes using the traditional recipes you know and love!

These home-style meals can be heated in your regular oven or the microwave and kept on hand in your freezer – ready whenever you are.

The perfect solution if you are unable to obtain or prepare adequate meals for yourself due to illness, disability or frailty.

Special diets include: diabetic, low fat, low salt, renal and pureed.

Eligibility

The program is available to Senior Citizens 60 years of age and over, as well as disabled adults and those with special needs who live in the Town of Arnprior and the Township of McNab/Braeside.

Cost

Please contact our agency for meal cost at **613-623-7981**. Economical and affordable, meals can be paid for at time of pick-up or delivery by cash or cheque, payable to “ABM Seniors at Home Program”. We are a Registered Provider of the Veterans Independence Program (VIP) Services, Veterans Affairs Canada.

How to Order

Call 613-623-7981 Monday to Friday from 8:30 am to 4:30 pm to order your frozen meals. When you place your order you will be informed when your order will be ready for pick up or delivery – usually the same or next business day.

Gift Certificates

Frozen Meal gift certificates are available at the Agency and are a great idea for a special occasion or anytime giving.

Mission Statement

Arnprior-Braeside-McNab Seniors at Home Program Inc. is a non-profit organization assisting and cooperating with other agencies in the administration and delivery of client centered home support services to encourage independent living and enhance the quality of life of seniors and individuals with special needs.



HOME & COMMUNITY
SUPPORT

United in our commitment to care
Arnprior-Braeside-McNab
Seniors At Home Program Inc.

Arnprior Braeside-McNab Seniors at Home Program Inc.

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Menu

Everyone should try to follow the recommendations contained in Canada's Food Guide to have a healthy diet and help stay well. Our Frozen Meals are prepared with taste and contain the right nutrition, so you can be sure that they will help you.

A variety of frozen meals are always available. We offer 25 varieties of complete meals in the categories of:

- Beef
- Pork
- Poultry
- Vegetarian (does not contain meat, fish or poultry in their ingredients, but may contain dairy products, such as milk, eggs or vegetarian cheese)

If you are on a special diet, ask about ingredient and nutrition information when you order.

All meals conveniently heat in a microwave in around 8 minutes or in a conventional oven in around 40 minutes. Full heating instructions are included on each meal label.

Meals should be stored in the freezer, and kept frozen until ready to heat.

Apetito

The "Apetito" plant in Canada is located in Brampton, Ontario. It is a federally inspected registered facility operating according to a CFIA (Canadian Food Inspection Agency) recognized HACCP program. HACCP (Hazard Analysis Critical Control Points) is a universally accepted quality assurance program that encompasses safe food handling procedures and staff training to ensure food safety. **Apetito cannot guarantee protection against any food allergies** as preparation of food could become subject to cross contamination. Please visit the Apetito web site at www.apetito.ca for a complete product list profile indicating the ingredients per entrée and nutrition information along with storage and preparation instructions.

Disclaimer

Arnprior-Braeside-McNab Seniors At Home Program Inc. makes no representations or warranties of any kind with respect to the contents of the frozen meals or the accuracy of the information provided.