

Do you know if someone who could benefit at this time from our Frozen Meal Program?

Seniors at Home Program has greatly increased our inventory of Frozen Meals.

Two suppliers; [Apetito \(24 Varieties\)](#) and [Griffith Farm & Market \(22 Varieties\)](#)

Frozen Meals are available for 55 & over disabled or those with special needs.

Cost is \$6.00 per meal.

To order please call 613-623-7981...payment over the phone by Visa or Master Card, in person cheque, debit or cash.

Free delivery in town for orders over 5 meals.

