

FROZEN MEAL Program



HOME & COMMUNITY
SUPPORT

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



Our frozen meals are delicious, nutritionally balanced, and designed with seniors in mind.

These home-style meals include options that are diabetic friendly, low fat and low salt. Special dietary choices are also available by special order, including pureed meals.

We offer a wide range of meal choices in the categories of beef, pork, poultry, fish and vegetarian, and a few frozen soup options as well.

These meals can be heated in your oven, or by microwave for convenience.

The perfect solution for those unable to prepare meals due to illness, disability or frailty.

For those unable to come into the office to purchase meals, delivery is available for a fee.

ELIGIBILITY

Frozen meals are available to seniors 55+, as well as adults with disabilities or for those who are temporarily convalescing from an illness or surgery and are unable to cook.



Ontario Community Support
Association Member Agency



Ontario Health
East



GASC
Greater Arnprior Seniors Council

www.cssagency.ca
613-623-7981
info@cssagency.ca



COST

Please contact our agency for current meal prices or delivery costs at 613-623-7981 ext. 0 or 3.

Meals can be paid for in office by cash, cheque, or by debit/credit card.

For meals being delivered, they can be paid for by cash or cheque at time of delivery. Cheques can be made payable to 'ABM Seniors At Home Program'. E-Transfer option also available upon request.

HOW TO ORDER

Please call our office at 613-623-7981 ext. 0 or 3, Monday through Friday, between the hours of 8:30am and 4:30pm.

When you place your frozen meal order, you will then be informed of when your order will be ready for pick up, or, when they will be ready for delivery.

GIFT CERTIFICATES

Frozen Meal gift certificates are available for purchase at the agency and are a great idea for gift giving. Call 613-623-7981 ext. 0 or 3 to enquire about current cost.

