

# HOT MEAL Program



[www.cssagency.ca](http://www.cssagency.ca)  
**613-623-7981**  
[info@cssagency.ca](mailto:info@cssagency.ca)



Fresh hot meals are available for the noon meal Monday through Friday, statutory holidays excluded. Meal service can be arranged for any or all weekdays, for a long-term or a short-term period.

Hot meals are prepared and cooked fresh daily at The Grove, and then they are delivered by friendly trained volunteers from your community. Our volunteers not only deliver the meals, but they also provide a regular social contact while monitoring the well-being of clients.

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## ELIGIBILITY

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Hot meals are available for seniors or for adults who are chronically ill, living with a disability, convalescing or undergoing medical treatment.

Clients must reside within the town limits or Arnprior to ensure the meal is delivered while it remains hot and fresh.

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## COST

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

For convenience, clients are invoiced at the end of each month. Payment can then be made in office by cash, cheque or debit/credit card. If paying by cheque in office, or by mail, please make the cheque payable to 'ABM Seniors At Home Program'. E-Transfer option also available upon request.

We are also a registered provider of the Veterans Independence Program (VIP) Services, Veterans Affairs Canada.

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## THE HOT MEAL

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The meal includes a hot main course with two side dishes – vegetables and potato, rice or pasta – as well as soup, crackers, a dinner roll and dessert.

Your meal can be prepared to meet specific dietary requirements. Diabetic, heart healthy, renal, texture modified, low salt, or low-fat meals can be provided. Food allergies and sensitivities can also be accommodated.

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## HOW TO REGISTER

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Please call our office at 613-623-7981 ext. 3, Monday through Friday, between the hours of 8:30am and 4:30pm to speak with the Program Coordinator. (Excluding Statutory Holidays)

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## ENSURING YOUR SAFETY

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To ensure your safety and security, if a client does not answer the door, our volunteers have been instructed to immediately contact the Program Coordinator. The coordinator will attempt to reach the client by phone, and if the client can't be reached, we will contact their designated emergency contact.

Food should be eaten immediately when received; or refrigerated until the next meal.

Daily visits from our Meals On Wheels volunteers provide peace of mind and support to clients, and peace of mind for their loved ones.