

Behind The Wheel

MORE THAN JUST A MEAL!

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What's For Dinner?



Roast Beef Dinner
(TimeSaver Foods)

Many of our clients receive a hot meal for lunch – but what's for dinner? A well balanced diet including all of the food groups is an essential part of staying healthy as you age. For individuals who no longer have the desire or ability to cook every day, frozen meals can be an excellent solution. In addition to our hot lunch program, Meals on Wheels also delivers frozen meals once a week

in bulk, which you choose for yourself from our frozen food menu. Meals can be stored in the freezer for several months, to be heated in a microwave or oven at dinner time, or any time you need them.

We offer meals from two different companies, *Apetito* and *TimeSaver Foods*. *Apetito* has been in the frozen meal industry for 55 years and is dedicated to serving great food every day. They have a wide selection of entrées available featuring beef, chicken, pork, fish, and vegetarian options, as well as numerous soups and desserts to complete your meal. For those who require a special diet, there are several options: pureed, minced, renal,

gluten-free and lactose free meals. *TimeSaver Foods* is a local Ottawa company which has been in business since 2000, and has since been growing in popularity among seniors in the area. Peter Seltenreich, founder and president of *TimeSaver Foods*, is passionate about his work and loves developing new, delicious, low sodium and nutritious food. He creates home-cooked style comfort foods using chicken, beef, and pork, including stews, pastas, and roasts. These *TimeSaver* premium products are increasing in popularity with our clients – their turkey and roast beef dinners are some of our clients' favourite meals!

Notes:

APRIL 14 GOOD FRIDAY
- NO MEALS

APRIL 17 EASTER MONDAY
- DELIVERING AS USUAL

MAY 22 VICTORIA DAY
- NO MEALS

IF YOU HAVE A STORY YOU WOULD LIKE TO SHARE, OR A COMPLIMENT FOR THE VOLUNTEERS WE WOULD LOVE TO HEAR FROM YOU!

Meet our Client Services Team!

Gabrielle and Jessica are responsible for taking client calls, so if you have a question or need to make changes to your meal deliveries, they are here to help. Gabrielle has been at Meals on Wheels for nearly 2 years and is in charge of

intake and setting up the meals for clients. She often has a mug of hot water at her desk to keep warm— even in the summer. She may often have cold feet, but she has a very warm heart. Jessica, new to Meals on Wheels, is usually

first on the phone and works on various projects. With a stash of dark chocolate in her desk for an afternoon treat, she is quickly making friends with the other staff. If you have any questions, they would be happy to hear from you!



Jessica Neil (left) and Gabrielle Béland-Mainguy (right)
Photo: Jill Dodd