

Contact Information

Office Hours

Monday—Friday

8:30am—4:00pm

Phone: (519)-348-9765

Fax: (519)-348-4420

Website:

www.ritzlutheranvilla.com

Email:

maco@ritzlutheranvilla.com

Address:

Mitchell & Area Community
Outreach

4118A Road 164

R.R.5 Mitchell, ON

N0K 1N0



Our Mission

Mitchell & Area Community Outreach is a home support agency providing service to enable seniors, disabled and those recuperating from illness and injury to remain living independently in their home of choice in the Municipality of West Perth.



Donations

Donations are gratefully accepted. Tax receipts issued for donations over \$10



Funding has been provided by Ontario Health West and does not necessarily represent the views, opinions or official policies of Ontario Health.

Meals on Wheels

Mitchell & Area Community Outreach



Hot, Nutritious meals
delivered right to your door

What is Meals on Wheels?

Nutritious meals are delivered by volunteers to individuals who need assistance with their nutritional needs. This may include people who need meal preparation assistance, have special dietary needs identified by a health professional or just wish to have a balanced meal delivered to their home. Deliveries can be arranged for one or multiple days with the option of multiple meals each day.

Special dietary needs will be accommodated when possible.



Delivery Dates

Meals are delivered Mondays, Wednesdays and Fridays between 11:45am and 12:30pm. Meals are **not** delivered on statutory holidays

Delivery Locations

- Mitchell— Mondays, Wednesdays & Fridays
- Russeldale, Dublin/Staffa, Monkton, and Fullarton—*call for delivery days*

Meal Requests

To request a meal you **must** call the Outreach office before 9:00am on the date of delivery. You are not able to make same day requests after this time.

Meal Cancellations

To cancel a meal you **must** call the Outreach Office before 9:30am on the date of the delivery. Any meals that are not cancelled by this time will be charged, even if it is returned. If you decide you no longer need the service and cancel before 9:30am there is no charge and you will be reimbursed in full for any meals that you had prepaid.

It's More Than Just a Meal

- Hot, freshly made, home delivered meals are available Monday, Wednesday & Friday (depending on location)
- Offers a variety of hot and cold menu items
- Meals are tailored to meet special diets, allergies and personal preferences
- Three week menu cycle rotation
- Hot meals are prepared by the staff at West Perth Village
- Peace of mind for families as agency follows up with client absences

Meal Costs

For information on the cost of a meal please phone the Outreach office.

Frozen Meals

Apetito frozen meals are available to supplement hot meals. They are delivered on a two week schedule. Call for more information

