

# MEAL PROGRAM RESOURCE LIST

(Updated Sept. 2023)

HOME FOOD DELIVERY HAS NEVER BEEN EASIER. SENIORS CAN ORDER ONLINE OR HAVE FAMILY ORDER THEIR FOOD ONLINE FOR THEM. PRICES ARE REASONABLE AND AFFORDABLE!

**Friendly Wendy Senior services: owned by Wendy Watts**

Transportation, shopping excursions, meal preps

705-770-4743

**HEART TO HOME** - Owned by Lisa Moles. 705-444-0741  
HeartToHomeMeals.ca

**MEALS ON WHEELS PROGRAM - CANADIAN RED CROSS** – 705-721-3313

**RVH MEALS TO GO PROGRAM:** 705-728-9090 EXT 44428  
mealstogo@rvh.on.ca

**MMSGROCERY.COM** 1-877-550-1668

-A grocery ordering and delivery service (Barrie and area). Place your orders with a store or let them do your shopping. They pick-up and deliver right to your kitchen. Payment at the door and they charge \$10 and 10% of your total bill.

**ZEHRS / LOBLAWS LOCATIONS** – on-line FOOD SHOPPING AND DELIVERY BARRIE AND AREA. [WWW.PCEXPRESS.ca](http://WWW.PCEXPRESS.ca) pick up in Parking lot or for home delivery use Instacart.ca

**SOBEY'S**

Sobey's online shopping/delivery is with Voila: [www.voila.ca](http://www.voila.ca)

WalMart.ca: online shopping with pick up in the parking lot.

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Instacart.ca: use to place on-line shopping and home delivery for the following stores: Food Basics, Metro, Loblaw's, Zehrs, Costco, Walmart and M&M's food Mart.

Speedy Delivery Barrie: 705-795-4411 call or order on line for all your liquor, grocery and shopping needs. Does Barrie and within a 20 Km radius of the city.

On-Line shopping also includes: Skip the Dishes, Meals to GO, Chef's Plate or Fresh Meals to go. Check for best rates. Many have large portions for great leftovers.

UBER is an alternative and inexpensive way to get groceries to home. Order on line or call your store and order the groceries. Have the UBER driver pick up your order and deliver to you at home. You need to download the UBER app.