

## **Community Home Support Lanark County Meals on Wheels Expands Frozen Meal Preparation in Perth**

**Community Home Support Lanark County (CHSLC)** is expanding its successful hot Meals on Wheels service in Perth to include frozen meals available to the public.

Using its existing kitchen facility (previously The Factory Café), CHSLC is building upon the agency's experience in delivery and scheduling to provide nutritious and delicious frozen meals to local seniors and adults with physical disabilities and to other Community Support Service agencies within the South East Local Health Integration Network. CHSLC is very pleased to offer frozen takeout meals to the public at a cost of \$9.00 each.

Frozen takeout entrees are available in 20 different selections of poultry, beef, pork, fish and pasta. Roast Turkey with Mashed Potatoes, Gravy, Stuffing & Corn; Hamburg Steak with Fried Onions, Hashbrown Casserole & Green Beans; Ham with Scalloped Potatoes & Brown Beans...Mmmmmm!!!

CHSLC is a not-for-profit, volunteer-based agency, partially funded by the Ministry of Health & Long Term Care. Services provided help clients continue to reside in their own homes and remain a part of their community. Revenue from the sales of frozen takeout meals will be reinvested back into core services as the population ages and demand for services continues to grow.

To learn more about CHSLC frozen takeout meals, please call the Perth office at 613-267-6400.