

Meal Support Services

Meal Delivery Service

Meals on Wheels

Ancaster

905-648-6675

www.ancastercommunityservices.ca

Dundas

Email: lsutton@hamilton.ca

Hamilton (VON)

905-529-0700

www.von.ca

Glanbrook Home Support

905-692-3464

Toll Free: 1-866-697-6669

www.ghsp.ca

Niagara West

905-563-9501

St. Catharines

905-682-0333

Heart to Home Meals

Available throughout Ontario

Toll Free: 1-800-786-6113

Nadia Dal Bello – 1-855-740-8080 (Hamilton)

www.hearttohomemeals.ca

*“I am unable to prepare
complete meals.”*