

# **Meal Support Services**

## **Meal Delivery Service**

---

### **Meals on Wheels – Hot Meals**

#### **Ancaster Community Services**

905-648-6675

[www.ancastercommunityservices.ca](http://www.ancastercommunityservices.ca)

#### **Dundas Community Services**

905-627-5461

[www.dundascommunityservices.on.ca](http://www.dundascommunityservices.on.ca)

#### **Hamilton (VON)**

905-529-0700

905-522-1022 (Central Hamilton)

[www.von.ca](http://www.von.ca)

#### **Burlington Canadian Red Cross**

905-637-5664

[www.redcross.ca](http://www.redcross.ca)

### **Heart to Home Meals**

Available throughout Ontario

Toll Free: 1-855-740-8080 (Hamilton)

Fred and Louise Piercey 905-661-1818

[hamilton@hearttohomemeals.ca](mailto:hamilton@hearttohomemeals.ca)

#### **Glanbrook Community Services**

905-692-3464

Toll Free: 1-866-697-6669

[www.glanbrookcommunityservices.ca](http://www.glanbrookcommunityservices.ca)

#### **Niagara West**

905-563-9501

Toll Free: 1-877-665-6325

<http://www.cssn.ca/>

#### **St. Catharines**

905-682-0333

### **Set The Table Kitchen**

1480 Sandhill Drive #3, Ancaster

905-648-8282

[www.setthetablekitchen.ca](http://www.setthetablekitchen.ca)

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