

## Meals on Wheels in and around the GTA



UHN

Meals on Wheels agencies provide home delivery of frozen or hot meals to seniors or others who are unable to prepare meals due to a medical condition or disability.

In this guide are agencies within the Greater Toronto area that provide Meals on Wheels. Agencies have a local area that they serve. The service area is listed for each agency in Toronto.

### **Social Work offices at UHN:**

**416-340-4800 x 3616 (TGH)**

**416-603-5800 x 6461 (TWH)**

**416-946-2000 x 4525 (PMH)**

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## East

- **Carefirst Seniors & Community Services Association (Chinese meals)**  
3601 Victoria Park Ave., Suite 501  
(416) 502-2323  
N-Steeles Ave, S-Hwy 401, W-Victoria Park, E-Markham Rd.
- **East York Meals on Wheels**  
2 Thorncliffe Park Dr., Unit 52 East York  
(416) 466-0587  
N-Eglinton Ave., S-Mortimer Ave., E&W-Bayview Ave., E-Coxwell
- **Meals Here & There (E.York/Beaches Area)**  
310 Danforth Avenue, Toronto  
(416) 466-0587  
N-To the former East York boundary, S-Danforth, W- Broadview, E-Coxwell, S-Lakeshore Blvd., E-Victoria Park Ave.
- **Scarborough Support Services for the Elderly**  
1045 McNicoll Ave, Suite 301, Scar.  
(416) 750-9885  
S-Eglinton Ave. E., S-Birchmount Rd., E-Victoria Park Ave., E-Markham Rd/Hwy 401/Pickering Townline
- **St. Paul's L'Amoreaux**  
3333 Finch Ave., E., Scarborough  
(416) 493-3333  
N-Steeles; S-Hwy 401; W-Victoria Park Ave.; E-Kennedy Rd.
- **True Davidson Meals on Wheels**  
2723 St. Clair Ave. E., East York  
(416) 752-9667  
N-Holland Ave.; S-Danforth Ave.; W-Coxwell Ave.; E-Victoria Park Ave.
- **Warden Woods Community Centre Senior Services: The Bell Estate**  
74 Firvalley Court  
(416) 694-1138  
S-Eglinton Ave., S-Lakeshore Blvd., E-Victoria Park Ave., W-Kennedy Rd.
- **West Hill Community Services**  
3545 Kingston Rd., Scarborough  
(416) 284-5931  
N-Hwy. 401, S-Lake BLVD., W-Markham Rd.; E-Scarborough/Pickering Town Line



- **Woodgreen Community Centre of Toronto: Community Support Services**  
835 Queen St. East, Toronto, Ontario  
(416) 469-5211  
N-Danforth Ave., S-Lakeshore Blvd., W-Broadview Ave., E-Coxwell Ave.

## West

- **Canadian Red Cross Society**  
(Etobicoke Region)  
(416) 236-3180  
W-Humber River, S-Steeles Ave., S-Lakeshore; W-Mississauga Border; E-York Township
- **Humber Community Senior Services**  
(416) 249-7946  
N-Hwy 401 (includes Jane/Bloor), W-Dufferin St., W-Eglinton Ave., W-Scarlet Rd., W-Weston Rd.
- **St. Christopher House: Ossington Ave Site**  
248 Ossington Ave. Toronto, Ontario  
(416) 532-4828  
S-Lakeshore Blvd., W-Roncesvalles, E-University Ave.
- **Villa Colombo Homes for the Aged**  
40 Playfair Ave., Toronto, Ontario  
(416) 789-2113 x 2203  
N-Finch Ave., S-Bloor St.,  
W-Weston Rd., E-Yonge St.
- **West Toronto Support Services for Senior Citizens and Disabled**  
40 Playfair Ave., Toronto, Ontario  
(416) 653-3535  
N-Boundary of York/Toronto; S-Lake Ontario; W-Jane St./Humber River; E-Bathurst.

## Central

- **Mid Toronto Community Services**  
192 Carlton St., 2nd floor  
(416) 962-9449  
N-Rosedale Ave., S-Lake Ontario; W-Yonge St., E-Don Valley Parkway



- **Finnish Social Counseling Service of Toronto**  
(416) 997-3056  
N-Rosedale Ave., S-Lakeshore Blvd., W-Yonge St., E-Don Valley Parkway
- **Momiji Health Care Society**  
351 Christie St., Toronto, Ontario  
(416) 531-7574  
Covers Scarborough, Toronto, Etobicoke, Mississauga & Richmond Hill

## North

- **Bernard Betel Centre for Creative Living**  
1003 Steeles Ave. W., Toronto  
(416) 225-2112  
N-Centre of Hwy 7., W-Dufferin St., E-Don Mills.
- **Circle of Care (Kosher foods only)**  
530 Wilson Ave., 4th Floor, North York  
(416) 635-2860  
N-Centre St., S-Lakeshore Blvd., All of Toronto and GTA.
- **Don Mills Foundation for Senior Citizens: Taylor Place Community Services**  
875 Don Mills Rd., Unit 7, North York  
(416) 447-7244 Ext. 712  
N-Sheppard Ave., S-Overlea Blvd. W-Bayview Ave., E-Victoria Park Ave.
- **Downsview Services to Seniors**  
497 Wilson Ave., Toronto  
(416) 398-5510  
N-Steeles Ave., S-Lawrence Ave., W-Humber River, E-Bathurst St.
- **Meals on Wheels and More**  
St. Matthew the Apostle Oriole Anglican Church  
80 Sheppard Avenue, North York  
(416) 225-6041  
N-Steeles Ave., S-Sheppard/Hwy 401, W-Bathurst St., E-Victoria Park Ave.

- **SPRINT**  
140 Merton St., 2nd Floor, Toronto  
(416) 481-6411  
N-Lawrence Ave., S-Lawrence, S-Hwy 401, E-Bathurst St., E-Bayview, N-Bayview Ave., S-CPR tracks, S- St. Clair Ave., E-Mt. Pleasant Ave.
- **St. Clair West Services for Seniors**  
2562 Eglinton Ave W. 2nd floor, Toronto  
(416) 787-2114  
N-Briar Hill; S-St. Clair Ave.; W-Dufferin Ave.; E-Spadina Rd/Chaplin Ave. (north of Eglinton)
- **Yorkminster Park Meals on Wheels**  
1585 Yonge St., (former) Toronto Colony Hotel  
(416) 482-0549 or (416) 922-1167 (church)  
N-Lawrence Ave, S-St.Clair, W-Spadina Rd./Chaplin Ave., E-Mt. Pleasant Rd.

### Outside Metro Toronto

- **Ajax, Pickering – Community Care Durham, Home Support**  
(905) 837-0017 x2
- **Brampton Meals on Wheels**  
(905) 453-4140 x6
- **Caledon Meals on Wheels**  
(905) 857-7651
- **Mississauga Meals on Wheels**  
(905) 820-4026
- **Oakville Kiwanis Meals on Wheels**  
(905) 842-1411
- **York Region – Community Home Assistance to Seniors (CHATS)**  
(905) 713-3373 or 1(877) 452-4287

#### Other Options:

**Grocerygateway.com** – Tel 905-564-8778  
delivers groceries to your doorstep  
Todaysmenu.ca –  
**personal chef services call 416-698-8667**

