

Senior Support Services CPHC



LET US HELP YOU IN THIS TIME OF NEED

We can bring you frozen meals

- Entree
- Soup and Desserts

Bring you a full hot meal

Wellness Bags

We can get you your medications

Do Wellness Calls to Friends & Family

Bring you care bags of food - \$10

- Pasta Sauce
- Spaghetti
- Baked Beans
- Canned Stew
- Cans of Soup
- Canned Veggies
- Canned Fruit
- Peanut Butter
- Jam
- Rolls of Toilet Paper
- Toothpaste
- Soap

- Applesauce
- Pudding
- Cereal Bars
- Can of Tuna
- Can of Ham
- Eggs
- Bread
- Potatoes
- Fruit
- Milk (1litre)
- Cereal
- Crackers
- Oatmeal

We can get you to
urgent
medical appointments

Call CPHC
(613)342-3693
You don't have to be a client.
Those 60+ will have priority.



United Way
Leeds & Grenville
uwg.org