Come have lunch with us!

Toronto Helps Don't like to eat alone? Hard to cook or shop for yourself? Finding it hard to eat nutritious meals on a fixed income.

Healthy eating is important throughout life, especially as we age. Eating well can be the key to staying mentally sharp, physically healthy, emotionally balanced and energetic, with a positive outlook.

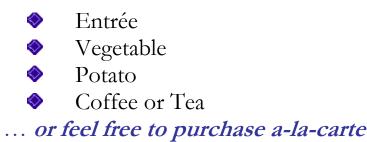


Join us for a low-cost, hot, nutritious meal at:

Bendale Acres2920 Lawrence Ave. E416-397-7000
Castleview Wychwood Towers
351 Christie St416-392-5700
Cummer Lodge205 Cummer Ave 416-392-9500
Fudger House439 Sherbourne St416-392-5252
Kipling Acres 2233 Kipling Ave 416-392-2300
Lakeshore Lodge
3197 Lakeshore Blvd.W416-392-9400
Seven Oaks9 Neilson Road 416-392-3500
True Davidson Acres200 Dawes Road 416-397-0400

You are also welcome to enjoy companionship, use our information services and make connections to other resources.

A nutritionally-balanced meal is \$4.99 and includes:



You may also use take-out service, and bring an extra meal home with you.

QUESTIONS? 판ਆਲ? 질문 있으십니까? Vous avez des guestions? Domande? ¿Tiene alguna pregunta? Tem Perguntas? 416-338-0338 問題? Có câu h?i? கேள்விகள்? Вопросы? ਕੋਈ ਪਸ਼ਨ? வினாக்கள் اطلاعات بيشتر؟