

### **Viva Foot Care (VIVA) 250-885-8482**

Viva Foot Care provides quality mobile foot care nursing services in the comfort of your own residence. Services include cutting and trimming nails, decreasing nail thickness, managing fungal and ingrown toenails, removing corns and calluses, and providing on-going education to clients and their families regarding appropriate foot care.

*See advertisement on page 68*

[www.vivafootcare.com](http://www.vivafootcare.com)

## **Prepared Meals Delivery**

### **More Than Meals Program**

**Beacon Community 250-656-5537  
Services**

Three freezer-to-table meals each week are home delivered by volunteers, hot and/or cold. Sliding scale based on income with free delivery.

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

**James Bay New Horizons 250-386-3035  
[www.jamesbaynewhorizons.ca](http://www.jamesbaynewhorizons.ca)**

**Better Meals 1-888-838-1888**

Home delivered freezer-to-table meals. 3 course dinner for \$7.50. Also available diabetic, bland low sodium, and pureed diet menus. Free weekly delivery with minimum order of \$30. Better Meals is a registered service provider of Veterans Independent Program.

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

**Casalinga Food Services 1-855-768-1994**

Home delivered meals, heat and serve. Special orders from \$6.60. Free delivery for orders over \$60.00. Delivery to Victoria once a month. VAC Health ID Cards accepted.

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

**Heart of Home Meals 1-866-933-1516**

Full range of meals prepared and delivered; food sensitivities noted. Free Delivery.

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

**Chef on the Run Sidney 250-655-3141**

9781b Second Street

Sidney, BC V8L 4P8

Dinners delivered to your home or pick up. Menu changes weekly. Small delivery charge. Mon-Fri only.

[www.chefontherun.net](http://www.chefontherun.net)

**Meals on Wheels 250-537-5520  
Salt Spring Island**

Meals on Wheels delivers a hot meal between 12 noon and 2 p.m. \$6.25 per meal. Monday to Friday except on statutory holidays.

[www.greenwoodseldercare.org](http://www.greenwoodseldercare.org)

## **Shopping & Grocery Delivery by Phone**

**Beacon Community Services 250-656-5537**

A shopping and home delivery service is offered to Saanich Peninsula Residents. Dedicated volunteers call weekly to take orders, volunteers shop then deliver groceries directly to your home. Seniors pays for their groceries, but shopping and delivery services are free.

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

**Sendial 1-866-948-0196 press #4**

A shopping and home delivery service is offered by Thrifty Foods and dedicated volunteers. A volunteer calls weekly to take your order. The next business day, a volunteer shops your order. Thrifty Foods then sends it out for delivery in a refrigerated truck. A \$5 fee is charged for this service.

[www.thriftyfoods.com/sendial](http://www.thriftyfoods.com/sendial)