

Vancouver Island Foot Care Nurses

250-986-3668

www.vifcn.ca

This nursing team offers in-home and facility-based foot care services. Services include trimming nails, reducing nail thickness, managing fungal nails, calluses, and corns, as well as providing diabetic foot care. If multiple visits or ongoing care is required, the same nurse can continue care. Services are tax-exempt and recognized as a claimable medical expense by the CRA.

Additionally, they are covered by many health insurance plans and Veterans Affairs Canada.

See ad on page 78.

Viva Foot Care (VIVA)

250-885-8482

www.vivafootcare.com

Viva Foot Care provides mobile in-home foot care nursing services. Services include cutting and trimming nails, decreasing nail thickness, managing fungal and ingrown toenails, removing corns and calluses, and providing ongoing education to clients and their families regarding appropriate foot care.

See ad on page 38.



PREPARED MEALS DELIVERY

More Than Meals Program

Beacon Community Services

250-656-5537

www.beaconcs.ca

Up to three freezer-to-table meals each week are home delivered by volunteers to seniors on the Saanich Peninsula. A sliding-scale fee is based on income, and delivery is free.

James Bay New Horizons

250-386-3035

www.jamesbaynewhorizons.ca

Better Meals

1-888-838-1888

www.bettermeals.ca

Better Meals delivers freezer-to-table meals and is a registered service provider of Veterans Independent Program. There is a wide variety of menu items and there is a 3-course dinner option for \$9.75. Also available are diabetic, bland low sodium, and pureed diet menus. Free weekly delivery is available with a minimum order of \$30.

Heart to Home Meals

1-866-933-1516

www.hearttohomemeals.ca

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

Chef on the Run: Oak Bay

250-595-3151

www.chefontherunoakbay.com

2020 Oak Bay Ave, Victoria BC V8R 1E4

Healthy and fresh meals are available for pickup or delivery.

Chef on the Run: Sidney

250-655-3141

www.chefontherun.net

9781-B Second Street Sidney, BC V8L 4P8

Dinners are delivered or can be picked up. Menu changes weekly. Small delivery charge. Mon-Fri only.

Meals on Wheels: Salt Spring Island

250-537-5520

www.greenwoodseldercare.org

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

Refire Kitchen

778-406-1011

843 Fort Street, Victoria, BC V8W 1H6

250-381-0205

100 Aldersmith Place, View Royal, BC V9A 7H8

250-544-9197

2372 Beacon Avenue, Sidney, BC V8L 1X3

www.refirekitchen.ca

Meals can be purchased fresh or flash-frozen and in-person or online with local delivery.

SHOP BY PHONE

Beacon Community Services

250-656-5537

www.beaconcs.ca

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 pay for their groceries, but shopping and delivery services are free.

Thrifty Foods Sendial

1-866-948-0196 press #4

www.thriftyfoods.com/sendial

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.

TIP

Local grocery stores may offer phone order shopping and delivery services in your area. Check with the store in your neighborhood