**Meals for Seniors at Home**

**Grocery Delivery**

**Instacart-** provides same-day delivery of grocery orders in over 40 states. Instacart delivers from major grocery chains, pharmacies and pet supply stores. The app also offers exclusive coupons on select grocery items. The app charges a flat-rate $5.99 delivery fee and a 10% service fee, although the delivery fee is waived for a yearly subscription of $149. <https://www.instacart.com/big-y>

**Pea Pod –** [www.peapod.com](http://www.peapod.com) to set up an account. Method of payment Debit, Credit, or Checking Account (will hold on file). Must have a minimum of $60.00 to secure delivery. Can choose the two-hour window that you want. Deliver to your door, not required to bring them into your home. 24 hours turn around available. Teller Grocer that can take the order over the phone, set up account, place order and pea pod will take order and place order (it’s a third party so they charge a fee, 888-902-7467) Hours Monday through Friday 10- 5. Manufacturer Coupons accepted, put in envelope with name and order number and hand to driver and they process.

**Whole Foods Woburn** (Delivery (& Pick Up) through Amazon Prime)<https://www.wholefoodsmarket.com/stores/woburn>

**Home Delivered Meals/Meal Kits**

**Cornucopia Foods, Inc.** – Hot/Cold Prepared meals delivered to your door.

New online order platform is<https://www.busystove.com/> 781.321.0564 e-mail: neil.sullivan@cornufoods.com

**BistroMD** delivers chef-prepared weight-loss meals that are ready to eat in 5 minutes. The service offers a choice of different plans for men and women that include breakfast, lunch and dinner delivered five days or seven days each week. Diabetic, gluten-free and menopause meals are available on the 150-dish menu.<https://www.bistromd.com/order>

**Chef For Seniors -** Our chefs’ shop, cook meals for the week, and cleans-up. Cost similar to meal delivery. Customized to your diet. **(844)237-243, GREATER BOSTON/METRO WEST, John O’Neill: 781-664-3542**

**Community Servings -** Hot Meals Delivered. Phone: 617.522.7777-<https://www.servings.org/about-us/>

**DoorDash -** Delivery of food from local restaurants via an app.:<https://www.doordash.com/home>

**Green Chef -** delivers certified organic meals in a menu that includes special dietary considerations, such as vegetarian, vegan, Paleo, keto, and gluten-free. Prices range from about $10 to $15 per serving, depending on the diet selected. Most of the meals can be prepared in approximately 30 minutes.<https://www.greenchef.com/sign-in>

**Heart to Home Meals -** 508-658-3000 hearttohomemeals.com

**Healthy Chef Creations -** Order online or call us at 866-575-2433 for assistance. Choose one of our convenient Meal Programs or do your own healthy meal planning and customize meals from our A La Carte menu. It's that simple, just select a delivery date, and place your order.

**Nutre:** Chef Cooked, Restaurant Quality Meals Delivered To Your Door. We take the guesswork out of healthy eating.<https://www.gonutre.com/>, Customer Service Hours: Monday through Friday 9 am to 5 pm Give us a call 844-466-8873 Text our Success Team; 617-855-6529, Email us: info@gonutre.com

**Paulette’s Personal Chef Service -** 617-201-3192 paulettepersonalchef@gmail.com

**Purple Carrot -** offers a menu of plant-based meals and has a “performance” meal plan for dishes that are gluten-free and high in protein. The meals are delivered in sustainable packing three times a week at a cost of $12 to $13 per plate.<https://www.purplecarrot.com/plant-based-recipes>

**Meal Kit Delivery Service** - Each week perfectly portioned ingredients are sent with recipes, HOME CHEF, SUNBASKET, EVERYPLATE, DINERLY, PLATED, GOBBLE, FRESHLY, GREEN CHEF BLUE APRON and HELLO FRESH. Meals average about $9.95 per serving.

**Uber Eats**-Food Delivered from local restaurants through an app. <https://www.ubereats.com/>

**Winchester Community Meals on Wheels** nutritious meals are delivered to frail and isolated older adults Monday through Friday. Meal prices are kept at a minimum to make nutrition more accessible. If you have questions please contact Meals on Wheels at winchestermow@gmail.com or call 781.516.1900

Website: [https://www.winchestermamealsonwheels.org](https://www.winchestermamealsonwheels.org/)

**Minuteman Senior Services-** Meals on Wheels Program administered through the state. 781-272-7177 [www.minutemansenior.org](http://www.minutemansenior.org/)

*\*The Jenks Center Maintains a list of* ***independent in-home help*** *workers that may also be able to run errands and grocery shop for fee. Please ask social worker/nurse for separate list. \*****In-Home Help Companies*** *also offer errands grocery shopping laundry as well as other services for fee. Rates vary.*

**Local Restaurants**

**Swanton Street Diner:** 72 Swanton Street Diner- Swanton Street – (781-) 721-9666 -<https://swantonstreetdiner.net/> (Delivery through Grub Hub and Uber Eats and Slice App. Only Dine in or Pick Up)

**D’Agostinos** Everything Made Fresh Daily • Party Platters & Catering Services

Individual Heat ‘n Server Dinners • Chips, Soda, Juices, Fruit, Desserts

Subs, Sandwiches, & All Types of Salads & Sides

11 Waterfield Road - (781) 729-7984- winchester@dagostinos-deli.com (Delivery through Uber Eats or Grub Hub App Only or Pick Up)

Monday – Friday: 7am to 7pm

Saturday & Sunday: 7am to 6pm \*text the word “order” to 781-729-7984 to place your order in advance

**Toscano’s Italian Kitchen-** Main Street - 740 Main Street- (781) 729-6700 -<https://www.toscanositaliankitchenma.com/> ( Delivery Available)

Pond View Florist- 16 Mount Vernon Street- (781)729-8255 - https://pondviewflorist.com/

**Lasagna Love.** [www.lasagnalove.org](https://linkprotect.cudasvc.com/url?a=http%3a%2f%2fwww.lasagnalove.org&c=E,1,BTNF7FDoIVuPYzX-oEnRZ8MCQRrV0Ui_MjePFagU30tXZpmeHTfi3HaJuwTuTmzBdwTXYn8HwxS0h4Df5hlizhRPpj_aT7IRxJAXOKiDQqGI4kGEWcQ9VHgIpg,,&typo=1)

It’s a nationwide program started during the pandemic, and it is active here in Winchester. Basically, if you are in need or know someone in need, you can go to this site and request a meal free of charge.

**Winchester Hospital Offers Nutrition Counseling**

Winchester Hospital: For more information about their programs call 781-756-2615; To make an appointment with a dietitian at either site, call 781-756-2211.