



PRESS RELEASE

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Meals on Wheels Expansion Doubles Capacity in Blind River Area

BLIND RIVER, ONTARIO – Residents in Blind River who rely on nutritious meal services now have greater access to support thanks to an expansion of the Meals on Wheels program offered through North Shore Health Network's (NSHN) Community Support Services.

In partnership with NSHN Food Services and with support from Ontario Health, the program has doubled its capacity from 25 to 50 clients, enabling more Blind River area residents to access healthy, home-delivered meals and remain independent in their own homes.

Meals on Wheels supports seniors, individuals living with disabilities, and others who may face challenges preparing meals or accessing nutritious food. Beyond providing balanced meals, the program offers social connection, wellness checks, and peace of mind for clients and their families.

"Not everyone has access to a nutritious, well-rounded meal every day," said Sarah Ball, Community Support Services Manager. "Our clients tell us the program makes life easier, helps them eat healthier, and provides meaningful connections with our volunteers and staff. By expanding this service, we're helping more residents access the nutrition, support, and peace of mind they need to maintain their health, independence, and quality of life."

The increased capacity means an additional 25 community members can now benefit from meal deliveries on Mondays, Wednesdays, and Fridays, reducing wait times and improving access to the program.

Community members interested in learning more about Meals on Wheels, or volunteering with the program, are encouraged to contact Community Support Services at **705-356-2265 ext. 2450**.

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