

Senior Support Services CPHC



LET US HELP YOU IN THIS TIME OF NEED

We can bring you frozen meals

- Entre \$5.50
- Soup and Desserts \$2

We can get you to
urgent
medical appointments

Bring you a full hot meal - \$7.75

We can get you your medications

Do Wellness Calls to Friends & Family

Bring you care bags of food - \$20

- | | |
|-----------------------|-----------------|
| -Pasta Sauce | -applesauce |
| -Spaghetti | -Cereal Bars |
| -Baked Beans | -Can of Tuna |
| -Cans of Soup | -Can of Ham |
| -Canned Veggies | -Eggs |
| -Canned Fruit | -Bread |
| -Peanut Butter | -Cheese strings |
| -Jam | -Potatoes |
| -Roll of Toilet Paper | -Bananas |

Call CPHC
(613)342-3693
You don't have to be a client.
Those 60+ will have priority.

