Meals on wheels

About City Care Meals
Southampton City Care meals will supply a hot meal directly to your home, five days a week, Monday to Friday.

If meals are required at weekends, frozen meals can be provided to be reheated. This also depends on your circumstances, such as, available freezer, cooker or microwave, required to defrost and reheat meals. This will be discussed during your assessment; assessments will be required for everyone referred to City Care Meals.

City Care Meals eligibility
You may be eligible to use the service if (subject to assessment):

- you live alone and are unable to cook for yourself
- you have a doctor recommending a meal is provided
- you have a short-term need, for example, you have recently been in hospital
- the provision of a meal will assist the carer/s

Dietary requirements
City Care Meals cater for all dietary requirements:

- Low fat
- Vegetarian
- Gluten free
- Hahalal
- Guajarati
- Diabetic

All meals are well balanced and account for 33% of daily nutritional needs.

Meal Delivery
A driver will deliver the meal direct to your door between 11.30am and 1.30pm. Drivers are fully trained and CRB checked to ensure your safety and wellbeing. During the week there is no need to heat the meal, it will arrive hot and ready to eat.

Category(ies): Meals delivery
Who it is for: for older people
Where available: Local service covering: Southampton (Hampshire).
What it costs: The assessment is not chargeable. Current prices per meal can be obtained from the adult contact centre below
Payments can be arranged on a monthly or weekly basis. You have the option to pay by cash or cheque.

<table>
<thead>
<tr>
<th>How to access or apply for it:</th>
<th>To apply for meals on wheels please call or email the adult contact team: email <a href="mailto:adult.contact.team@southampton.gov.uk">adult.contact.team@southampton.gov.uk</a> tel 023 8083 3003</th>
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<tr>
<td>Info. updated:</td>
<td>07/10/2015</td>
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**About the service provider:**

**Contact info:** Adult social care: Southampton City Council, Civic Centre, Southampton, SO14 7LY. Telephone: 023 8083 3003.

[Email them][1] [Visit their website][2] [Find them on a map][3]

**Parent organisation:** Southampton City Council