
Good nutrition is important at any age. It gives you energy, keeps you healthy, and helps prevent and manage chronic conditions. Here are some simple ways that may help some seniors get all the nutrients they need.

Meal Services

Heart to Home Meals

1-800-704-4779

<https://www.hearttohomemeals.ca/>

- Frozen meals, soups and desserts available to order online and delivered to your home.

Edmonton Meals on Wheels

780-429-2020

www.mealsonwheeledmonton.org

- Hot, ready to eat or frozen meals available for pickup or delivery to your home. Subsidized pricing is available for low income.

Grocery Services

Meals on Wheels Grocery Bag and Meals on Wheels Store to Door

780-429-2020

www.mealsonwheeledmonton.org

Instacart

www.instacart.ca

- Personal shopping and grocery delivery from T&T or Superstore supermarkets.

Superstore

www.realcanadiansuperstore.ca/online-grocery-shopping

Walmart

www.walmart.ca/en/grocery

Save on Foods

www.saveonfoods.com/shop-online-how-it-works

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Liquid Nutrition Supplements

Liquid nutrition supplement drinks are a quick way to help meet your nutrition needs and can be used as a meal supplement or replacement.

- choose as a snack
- drink at the end of a meal
- include smaller amounts (ie: ¼-½ cup) spread throughout the day
- use in place of milk or water in recipes

If the supplement is too sweet or too thick:

- change the flavor by adding flavouring extracts. For example, vanilla or almond
- mix with milk, water or coffee
- serve over ice or freeze into popsicles
- blend with other ingredients such as fruit and serve as a smoothie

Quick Tips for Older Adults to Get More Protein and Calories

- when appetite is poor, eat smaller meals more often and add snacks in between.
- enjoy foods when they seem more appealing.
- prepare and freeze meals in smaller portions when you are feeling well and use them on days when you are not feeling well enough to cook.
- include protein with meals and snacks like milk, cheese, yogurt, cottage cheese, meat, chicken, fish, eggs, tofu, beans or lentils.
- choose higher fat dairy products like 2% or whole milk, and higher fat oils and spreads like vegetable oils, margarine/butter, sauces, nuts & seeds, nut butters.
- drinks fluids (water, tea, coffee, broth) between meals or at the end of meals.