



Community Support Services



We provide hot nourishing meals at a reasonable cost, to promote wellness and independence and to improve the nutritional status of individuals. Meals are delivered to the person's home by trained volunteers three days per week.

You can choose delivery for one or more meals per week and order extra meals. Each meal includes a protein, vegetable, starch, and dessert for the low cost of \$8.00. Special dietary options (including diabetic meals) are available!

Contact us today!



Phone: (705) 356-2265 x 2450

[Interested in Volunteering?](#)

Email Maiya Hallett, CSS Manager: mhallett@nshn.care

**Now accepting a limited
amount of new clients in
Blind River for 6 months!**



You are eligible based on meeting the following criteria:

- Senior (60+)
- Palliative Care
- Convalescing from surgery
- Acute or Chronic Illness
- Mental Health Concerns
- New Mothers and Caregivers
- Physical or Developmental Disability