

To find out more about receiving the Community Meals Service contact:



Enhanced Customer First

tel: **08456 023 023**

fax: 01473 581581

email: customer.first@socserv.suffolkcc.gov.uk

visit: www.suffolk.gov.uk

Accessing community meals is not based on a person's age but their ability to shop and prepare meals for themselves.

Enhanced Customer First will require the following information to arrange a meal service:

- the person's date of birth
- address, including postcode
- telephone number
- next of kin
- details of their social worker if applicable
- GP details
- any dietary requirements

For general information about the Community Meals Service:

tel: **01379 672715**

visit: www.suffolk.gov.uk

If you need help to understand this information in another language please call the number below.

إذا تحتاج إلى مساعدة لفهم هذه المعلومات في أي لغة أخرى فالرجاء الاتصال على الرقم التالي.

Arabic

এই লেখাটি যদি অন্য ভাষাতে বুঝতে চান তাহলে নিচের নম্বরে ফোন করুন

Bengali

如果你需要其他語言來幫助你了解這些資訊，請撥以下電話。

Chinese

જો તમારે આ માહિતી બીજી ભાષામાં સમજવા મદદ જોઈતી હોય, તો કૃપા કરી નીચેના નંબર પર સંપર્ક કરો.

Gujarati

بەم زانیاریەش تۆی ئە ب ت گەهێتی هە ئارمەر پ ئوی سێت بەگەهێ بەگەوهی خوارەم ژمارەندی بەیوه بەزمان گێ تێر تگایە

Kurdish

Jeżeli potrzebujesz pomocy w zrozumieniu tych informacji w swoim języku zadzwoń na podany poniżej numer.

Polish

Se precisar de ajuda para ler estas informações em outra língua, por favor telefone para o número abaixo.

Portuguese

If you would like this information in another format, including audio tape, large print or easy read, please call **08456 023 023**.



Community Meals

More traditionally known as 'meals on wheels' Suffolk County Council provides a meals service for people who need support with meals in their home



The community meals are nutritionally balanced to meet the National Association of Care Catering (NACC) recommended standards for community meals.



Most dietary requirements can be catered for

Two Services are available

Frozen delivered meals

The frozen delivered meals service is provided by Wiltshire Farm Foods. This is the first option for community meals. This is a flexible service, as customers choose from a wide selection of meals. Meals can be re-heated and eaten at a time suitable to them. Microwaves and freezers can be provided free of charge on loan where required. Meals may be selected to cover up to 7 days a week; they are delivered on a fortnightly basis. Wiltshire Farm Foods can also provide a private service for people who do not meet the requirements to access meals through Suffolk County Council. These meals are individually priced.

For further information about their private service call 0800 773 773.

Hot daily delivered meals

The hot meals service is provided by The Women's Royal Voluntary Service (WRVS). Meals are delivered on a daily basis at lunchtime, this can range between 11.45am and 1.45pm. Delivery will be on the days identified based on individual requirements. Meals are available to suit most dietary preferences including therapeutic, cultural and faith requirements. Choice menus giving an option of 3 main meals choices, one which includes a vegetarian dish and 2 desserts are soon to be available.

A private service is also available service for people who do not meet the requirements to access meals through Suffolk County Council.

For further information call 01379 672 715

Charges for both services are at a set cost which is reviewed on an annual basis.

Eat Well to Keep Well

Tips on how making healthier choices on all your meals can help you keep well:

- Try to choose at least one starchy food with each of your meals such as wholegrain breakfast cereals, potatoes, pasta or rice with your main meal and a sandwich for tea.
- Eat plenty of iron rich foods to keep up your body's store of iron. A good source is red meats. Peas, beans, lentils and oily fish such as sardines, eggs, green veg and breakfast cereals.
- Eat lots of fruit and vegetables, especially those rich in Vitamin C such as citrus fruits, green veg, tomatoes and peppers. Try to eat at least 5 portions of a variety of fruit and veg every day. For example a glass of fruit juice and sliced banana with your cereal, a portion of peas or other vegetables with your lunch, fruit for an afternoon snack, a side salad with your tea. Choose from fresh frozen, tinned dried or juiced.
- Select foods containing folic acid, these help maintain health for those in older age. Good sources are green veg and brown rice, bread and breakfast cereals.
- Choose calcium rich foods such as milk, cheese, yoghurt, milk puddings, broccoli and cabbage. If approaching older age these can help bone density as osteoporosis is a health issue particularly for women
- Cutting down on salt, 75% of the salt we eat is already in food we buy. Aim to keep intake to less than 6g a day. Read labels on food to check contents
- Drink plenty of water. Aim for 6-8 cups of water a day. Water reduces dehydration, which can lead to constipation and urinary infections, helps to keep us alert and assists in reducing falls.