



Services for Long Term Care

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Working towards a society
for all ages

Frozen Meal Program Fact Sheet

There are 27 hot home delivered meal routes in Ontario County. For those people who do not happen to live on a hot meal route, frozen meals are available. Frozen meals need to be picked up Monday thru Friday between 7:00 am and 3:00 pm by a relative, friend or neighbor at the Nutrition Kitchen, 74 Ontario Street, Canandaigua, NY.

All frozen meals must be transported from the Nutrition Kitchen in coolers with well-fitting lids that you must supply to transport your meals safely. Different size coolers will accommodate a certain number of meals. We suggest the following size coolers to accommodate the number of meals that will be picked up for you.

10 meals – need 36 quart cooler **20 meals** – need 48 quart cooler **OR** two 36 quart coolers

Upon receiving your frozen meals, place them immediately in the freezer. Store other meal items in the refrigerator. For each weekday, you will receive the following items:

- One frozen entrée (meat, starch, vegetable)
- One slice of bread
- Margarine
- One half pint low fat milk
- One serving of dessert

Please eat frozen meals by the expiration date on the container.

Thawed meals in the refrigerator must be eaten within 2 days.

Re-heating the meal: Temperatures and length of time may vary due to the variety of heating appliances used by various households.

In Oven:

1. Preheat oven to 350 degrees.
2. Place frozen meal on metal sheet (like cookie sheet) with the cover on.
3. Heat the frozen meal in the oven for 35-45 minutes or until hot. If the meal is thawed, heat for 20-30 minutes.
4. When the meal is hot, carefully remove the cover.

In Toaster Oven: Use the same directions as for oven (may not take as long).

In Microwave:

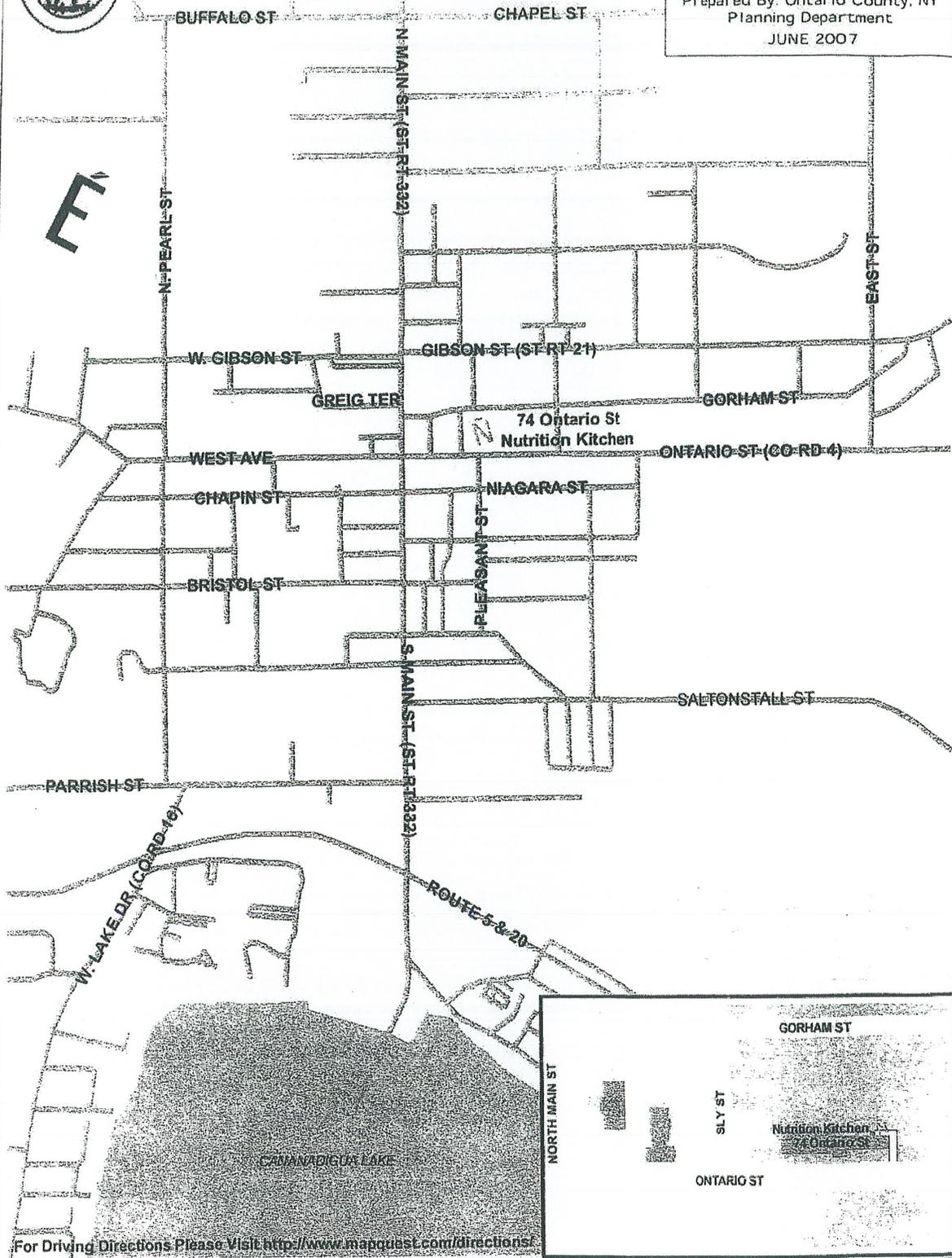
1. The meal must be reheated from the thawed state.
2. Transfer the food from the aluminum tray onto a microwavable plate.
3. Cover the meal with a microwavable lid or paper towel.
4. Heat for 90-120 seconds (1 ½ - 2 minutes)

Bon Appetite! Your donations are gratefully accepted. **Suggested donation \$2.50/meal** which can be mailed to our address above. No one will be denied meals due to inability or unwillingness to donate.



City of Canandaigua
Nutrition Kitchen
(74 Ontario Street)

Prepared By: Ontario County, NY
Planning Department
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For Driving Directions Please Visit <http://www.mapquest.com/directions/>