

The goal of Healthy Plates is to help by preparing healthy meal alternatives for those who don't want to, or cannot cook.

Good nutrition is crucial to maintaining your health and overall wellbeing. It plays a vital role in the independence, and quality of life for the elderly or people recovering from illness. Research shows that many of us, however, aren't eating well. Still others either do not understand about the types of food that are needed to help keep them healthy or, they may simply not have the inclination to get up and cook a meal. Seniors who find themselves newly single may not know how to cook or may not be motivated to cook for one. People recovering from surgery or illness may not have the ability to get up and prepare & cook a meal for themselves.

The desire to cook quality meals each day might not be there any more but the obvious need to provide the body with daily nutrients and vitamins is still very strong. A lot of times in this situation, it may be tempting to skip a meal or skimp on a meal. Healthy Plates can step in when a person is having difficulty preparing his or her own meals.

Healthy Plates provides essential nutrition to help prevent health deterioration and loss of independence. Our entrée's are freshly prepared according to customer dietary needs, likes and dislikes. Each meal provides 1/3 of the daily nutrients required and are prepared fresh for you.

We offer free delivery for orders over \$50 and service Loyalist Township - Napanee & West Kingston. Meals are delivered fresh and can be frozen for later use if desired. We use dual ovenable containers that are recyclable - they can be used in a Conventional, Convection or Microwave oven!

With an option like Healthy Plates, seniors may be able remain independent and stay in their own homes much longer, leading a healthier, better quality of life



- Meals & Menus created by Nutritionist to meet daily nutritional and dietary requirements. Free Delivery For Weekly Orders!*
- Meals specifically created to be well balanced, tasty and nutritious with at least 20 menu choices rotated on a regular basis!*



Senior Meals

*Delicious Gourmet
Nutritionally Balanced
Freshly Prepared Meals To Go*

*No Additives, Preservatives Or Trans Fats
Natural Herbs & Spices
Local Farm Fresh Vegetables
Organic Ingredients Whenever Available!*

**Specializing in Meals For Seniors
& The Home Bound
Free Delivery With \$50 Order**

**Recovering From Surgery?
Just Don't Want To Cook?
Call Today To Set Up
Your Delivery!**

**Guaranteed Nutrition, Taste & Freshness
Love The Convenience
No Shopping, Prepping,
Cooking Or Clean Up**

**Heart Smart, Low Sodium &
Diabetic Friendly Choices**

Visa & MasterCard Accepted

www.healthyplates.ca

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