

Eating Well in Wiltshire





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(Prices supplied by meal providers correct at time of going to press)



Wiltshire County Council

The County Council can provide advice and information on a range of services including how to obtain **good healthy meals**. This booklet gives you some ideas, although Wiltshire County Council cannot personally endorse products.

The Social Care Help Desk can advise you on how to arrange meal provision yourself or offer assistance.

For further information:

Telephone: 01225 713001

Email: socialcarehelpdesk@wiltshire.gov.uk



Eating for Later Life



Healthy eating means having a variety of foods that give health benefits at all ages; this includes lowering the risk of heart disease, cancer, osteoporosis and constipation.

Ideally we should eat some of the following foods daily:

- ❖ Fruit and Vegetables, 5 portions a day
- ❖ Wholemeal bread and other cereals
- ❖ Fish and meat
- ❖ Milk and dairy foods



We should try to consume 6 to 8 glasses of fluids (semi skimmed milk, water, tea, coffee, diluted fruit juice) daily to help prevent dehydration and reduce the risk of falls.

Reduced appetite is a natural part of the ageing process. However, it remains important to eat regularly, at least three nutritious meals a day; these can be tinned, ready prepared, chilled or frozen meals. Further information can be provided by your GP, or Practice Nurse.

Included in this booklet is a range of information to suit your individual needs:

- ❖ frozen meals delivered to your home
- ❖ purchasing your own frozen meals from the supermarket
- ❖ home shopping services (your shopping delivered by your local supermarket)
- ❖ lunch clubs





Frozen Meals

Whether you choose to have frozen meals delivered or you purchase them yourself, they must be kept in a freezer before being reheated or cooked following the manufacture's instructions and guidelines.

Choosing this option gives you the freedom to choose what to eat and when to eat it. The wide range available enables you to cater for all your dietary, ethnic or religious needs.

Eismann International

An international company providing a free delivery service with no minimum order. Check to see if they deliver in your area.

Prices range from £3.29 to £5.99 per meal.

How to order

- ❖ Over the telephone **0800 1384627**
- ❖ On the Internet www.eismann.co.uk
New accounts take 2 weeks to be set up and processed, following which delivery is normally within 3 working days.

Oak House Foods

Provide a countywide free delivery service. No minimum order required.

Prices range from £1.70 to £5.20 per meal

How to order

- ❖ Over the telephone 0845 8333858
- ❖ On the internet www.oakhousefoods.co.uk
- ❖ With an order form (once delivery has commenced)

When you place your first order a delivery date will be agreed. All drivers are issued with uniforms, I.D cards, and have designated delivery routes.

Equipment for storage and reheating can also be purchased from Oak House Foods

Wiltshire Farm Foods

Provide a countywide free delivery service. No minimum order required.

Prices range from £2.50 to £4.75 per meal

How to order

- ❖ Over the telephone on 0800 773773 or 01225 776793
- ❖ On the internet www.wiltshirefarmfoods.com
- ❖ With an order form (once delivery has commenced)



When you place your first order a delivery date will be agreed. All drivers are issued with uniforms, I.D cards, and have designated delivery routes. Equipment for storage and reheating can also be purchased from Wiltshire Farm Foods



Supermarkets

Frozen meals can also be purchased from your local supermarket, either during your regular shopping trip or online.

If you are finding it difficult to get to the shops you might want to consider a home delivery service.

Here are the details of some locally based supermarkets and suppliers you may wish to contact.

Iceland ☎ 01244 842842 www.iceland.co.uk

Sainsburys ☎ 0800 636262 www.sainsburys.co.uk

Somerfield ☎ 0117 935 6669 www.somerfield.co.uk

Waitrose ☎ 0800 188 884 www.waitrose.com

Tesco ☎ 0845 722 5533 www.tesco.com

Morrisons ☎ 0845 611 6111 www.morrisons.co.uk

Asda ☎ 0845 300 1111 www.asda.com

Marks & Spencer ☎ 0845 302 1234
www.marksandspencer.com



Milk Door Step Delivery

In many parts of Wiltshire local dairies still provide a door step delivery service e.g.

Milk and More Provided by Dairy Crest products include:

- ❖ Organic products
- ❖ Dairy products
- ❖ Bread, Eggs
- ❖ Cereals
- ❖ Washing powder and many more items



To find out if they deliver in your area

Telephone 0800 317846

Visit their website www.milkandmore.co.uk



Fruit and Vegetable Box Schemes



Fruit and vegetable boxes can also be delivered to your home e.g. **G&S Fruits** can provide pre-packed boxes of fresh fruit and vegetables in small, medium and large sizes.

To find out if they deliver in your area Telephone 0844 8009174

or visit their website www.gsfruits.co.uk



Lunch Clubs



Provide opportunities to socialise and enjoy a low cost healthy meal. Most lunch clubs can supply meals once a week and some are able to deliver to your home in certain circumstances.

Further Information

For more information you can contact one of the following organisations:

- ❖ Social Care Help Desk 01225 713001
- ❖ Age Concern Salisbury 01722 335425
- ❖ Age Concern Wiltshire 01380 727767



من الممكن توفير هذه المعلومات في صيغ ولغات أخرى عند الطلب. يُرجى الاتصال بفريق رعاية الزبائن على الرقم 713000 (01225) أو إرسال بريد إلكتروني إلى:
customercare@wiltshire.gov.uk

এই তথ্যটুকু অনুরোধক্রমে বোঝার ও পড়ার উপযুক্ত অন্য কোনো নমুনায় (ফর্মেটে) এবং ভাষায় দেওয়া যাবে, অনুগ্রহ করে কাস্টমার কেয়ার টিমকে ফোন করুন। ফোন: (01225) 713000 ইমেইল:
customercare@wiltshire.gov.uk

我們可以根據您的要求使用其他形式和語言向您提供該資訊，請與顧客關懷團隊 (Customer Care Team) 聯繫，電話：(01225) 713000，電郵：customercare@wiltshire.gov.uk

Na życzenie informacja ta może zostać udostępniona w innych formatach i wersjach językowych, prosimy skontaktować się z zespołem ds. obsługi klienta, tel. (01225) 713000, Email: customercare@wiltshire.gov.uk

This document was published by Wiltshire County Council.
You can contact us in the following ways:

By telephone
01225 713000 and ask to speak to Customer Care

By post
Customer Care, County Hall,
Trowbridge, Wiltshire, BA14 8JN

By email
customercare@wiltshire.gov.uk

Information in this publication can be made available in other formats and languages on request. Please contact Wiltshire County Council on 01225 713000 or by email on customercare@wiltshire.gov.uk

