

MEAL SERVICE INFORMATION SHEET

Food For Thought Frozen Meals & More!

840 Erin St. * Winnipeg, Manitoba * www.foodft.ca

Cost & Meal Description:

Frozen Meals are \$8.35-\$10.99 each. (365 – 410 gr. Size) = equal to a plate of food!
Larger sizes are also available (1kg. and 2.5 kg.)

Frozen meal information:

There are a total of 41 different meals to choose from. We also carry homemade soups, burritos, potato pancakes, desserts and more! All meals include heating instructions. Most are suitable for the microwave. They come in disposable/recyclable packaging. There are no obligations, you can order anytime you need meals.

Nutritional/Dietary details:

Our meals contain very **low levels of sodium, sugar and fat.** Vegetarian, Vegan, Dairy free, and Gluten free meals are available.

Packaging Information:

The meal packaging is compact (4 X 5 X 2 inch container or 8 X 6 X 1.5 inch).
Approximately 80 meals will fit into the freezer compartment of a standard fridge/freezer.

To order:

Order online: www.foodft.ca or Order desk Hours: Tuesday-Friday 9 am.-1 pm. (204-772-3663)

Our full menu can be downloaded from our website or mailed (on request).

Hours of Operation:

Tuesday – Friday 9 am. – 5:30 pm. *Orders can be placed online or by phone in advance. Our location does not provide walk-in service*

Delivery Information:

Tuesday – Friday \$12.99 - Minimum order for delivery is \$30 of meals.
(Delivery times: 8 am – 6 pm).

We also deliver to Oakbank, Headingly, & East/West St. Paul and other areas (call or order online for rates).

*Please ensure you are home during your scheduled delivery time or give instructions to “leave package outside door”. Return fee and additional delivery fee will apply if package cannot be delivered.

Pick up Information:

Orders can be placed online or by phone in advance. Our location does not provide walk-in service

Customers please park in parking lot and call 204-772-3663 on arrival. A staff member will bring the order to your car.

Payment method:

Visa, MC, American Express or Visa Debit accepted online or by phone.

Cheque or Cash payments may be given to courier, please note: a \$1.00 return will be added for cash/chq. payment. Couriers do not carry debit/credit card machines.

Direct Billing Information:

Registered meal provider with Veterans Affairs Canada – with direct billing to Blue Cross.

Direct billing to MPI, EIA, and Public Trustee's.

For more information on our Veterans or direct billing programs please contact us.