

Caledon Meals on Wheels

by Mayor Annette Groves

In this column, I'd like to highlight the meaningful work being done by Caledon Meals on Wheels (CMOW) and the difference it continues to make in our community every day.

Established in 1984, CMOW is a volunteer-driven, not-for-profit organization that supports seniors and people with disabilities living in Caledon, Orangeville, and surrounding communities. Through compassionate care and community connection, CMOW helps individuals maintain their independence while feeling supported, valued, and connected.

The organization offers a wide range of programs and services designed to promote nutrition, wellness, social interaction, and overall well-being. Its mission is to help create a connected and thriving community where older adults and seniors have access to seamless services that support healthy living, independence, and meaningful social connections.

At the heart of CMOW's work is a simple yet powerful belief: everyone deserves to feel cared for and included. Whether through a nutritious meal, a friendly visit, or a wellness program, the organization helps promote dignity, companionship, and peace of mind for many local residents.

Meal Services

Meals are freshly prepared each day in CMOW's kitchen and delivered with care by dedicated volunteers.

Hot Meals: Includes an entrée, soup, and dessert.

Frozen Meals: À la carte options delivered every other Wednesday.

Special Diets: Options are available for minced diets, diabetic-friendly meals, low-sodium, and low-fat diets.

Wellness Checks: Every delivery includes a brief check-in from a volunteer, offering both support and reassurance.

Community Programs

Beyond meal delivery, CMOW offers programs that help reduce isolation while encouraging active, healthy living.

Seniors' Wellness Programs: Weekly gatherings featuring gentle exercise, social activities, and special luncheons.

Friendly Visiting: Volunteers provide companionship through in-person or telephone visits.

Project Lifesaver: Wearable technology that assists local police in locating individuals who may wander due to cognitive impairment.

To learn more about Caledon Meals On Wheels and its programs, visit cmow.org.