

**MEAL SERVICE INFORMATION SHEET**  
**Food For Thought Frozen Foods & Catering**  
**840 Erin St. \* Winnipeg, Manitoba \* [www.foodft.ca](http://www.foodft.ca)**

**Cost & Meal Description:**

Frozen Meals are \$4.99-6.99 each (365 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 37 different meals to choose from. We also carry homemade soups, burritos, potato pancakes and more! All meals include heating instructions. Many are suitable for the microwave. They come in disposable/recyclable packaging. There are no obligations, you can order anytime you need meals.

**Fresh meal/food choices:**

We also offer sandwiches, wraps, salads, mini fruit platters, vegetable and cheese platters, plus a wide variety of pastries.

**Nutritional/Dietary details:**

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

**Payment method:** Visa, MC, American Express, Cheques, or Money orders.  
Debit and Cash (accepted in store).

**Delivery & storage:**

Same day **CITY WIDE delivery service.** Monday – Friday \$7.99 per delivery

(Delivery times: 8 am – 6 pm).

Saturday delivery is also available on frozen packages with one days' notice please.

Saturday is \$9.99 per delivery (delivery times: 9 am – 1 pm).

Minimum order for delivery is \$30 of meals.

We also deliver to Oakbank, Headingly, & East/West St. Paul (call for rates).

The meal packaging is compact (4 X 5 X 2 inch container), you can fit approx. 110 of them into the freezer compartment of a standard fridge/freezer.

**Additional 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.

Our store is open Monday – Friday 8:00 am – 5:30 pm if you prefer to shop in person.

**To order:**

Call **204-772-3663** or Order online: **[www.foodft.ca](http://www.foodft.ca)**

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