

MEAL SERVICE INFORMATION SHEET

Food For Thought Frozen Meals & More!

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

Cost & Meal Description:

Frozen Meals are \$8.79-11.29 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 42 different meals to choose from. We also carry homemade soups, burritos, potato pancakes, desserts 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.

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.

Hours of Operation:

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

To Order:

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

Delivery Information:

Tuesday – Friday \$9.99 – Minimum order for delivery is \$30 of meals.
Choose any 2 hour delivery window between 8 am. -6 pm. Tuesday – Friday.
We also deliver to Oakbank, Headingley, & East/West St. Paul (call for rates or shipping is calculated for online orders).
*Please ensure you are home during your delivery time or give instructions to “leave package outside”
Return fee and additional delivery fee will apply if package cannot be delivered.

Pick up Information:

Orders can be placed online or by phone. Our location does not provide walk-in service.
Customers please park in parkin lot and call 204-772-3663, or ring the back door buzzer if you do not have a phone. A staff member will bring the order to your car.

Payment method: Visa, MC, or Visa Debit accepted online or by phone.

Cheque payment may be given to couriers, please note a \$1.00 return fee will be added for cheques.
All payment methods accepted for pick up orders.

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.