



Starting April 30, 2008: New Changes to the Food for Life Program

New Weekly Menu Submission

All Food for Life clients must submit a menu each week to receive a Food for Life order - even if your menu selection does not change.

Here are the guidelines for the new weekly menu submission:

- Menus must be submitted every Friday by 12pm.
- If you do not submit a menu by that time, you will not receive an order for the following week.
- Please be sure to indicate on your menu which 7 entrees or 5 entrees and a combination of 5 desserts and soups you want.

New Pick-Up Times for Food for Life orders

Food for Life orders can only be picked-up during designated pick-up times. Mark Gilmore, the Food for Life Coordinator, and Food for Life volunteers will be on-site during pick-up times to assist you.

Here are the guidelines for the new pick-up times:

- Food for Life orders can on be picked-up only on **Wednesdays from 4pm – 7pm and Thursdays from 12pm – 4pm.**
- If you do not pick-up your Food for Life order during these pick-up times, a new order will not be submitted for you for the following week regardless of whether you submitted a new menu.

You are also welcomed to have your Food for Life meals home delivered.

For more information, please contact Mark Gilmore, Food for Life Coordinator at (416) 506-8606 ext. 628.