

Community Meals Services

Ready-Meal delivery companies

- **Wiltshire Farm Foods**

(frozen meals including mini-meals & dysphagia meal options)

Delivery area: Nationwide

Email / Contact Form: <https://wiltshirefarmfoods.com/contact-us/>

Phone: 0800 077 3100

Website: <https://wiltshirefarmfoods.com/>

Brochure: <https://wiltshirefarmfoods.com/brochure>

- **Oakhouse Foods**

(frozen meals including mini-meals & dysphagia meal options)

Delivery area: Nationwide

Email / Contact Form: <https://www.oakhousefoods.co.uk/contact>

Phone: 0333 370 6700

Website: <https://www.oakhousefoods.co.uk/>

Brochure: <https://www.oakhousefoods.co.uk/brochure-request>

- **Parsley Box**

(cupboard stored ready-meals, no need to freeze or refrigerate)

Delivery area: whole of the United Kingdom, the Channel Islands and the Isle of Man

Email /Contact Form: <https://www.parsleybox.com/help/contact/>

Phone: 0131 326 0131

Website: <https://www.parsleybox.com/>

Brochure: <https://www.parsleybox.com/about-us/catalogue/>

Local Meals on Wheels providers

Norfolk & Suffolk

- **Good Wholesome Food**

Delivery area: Most areas of Norwich, Suffolk & Cambridgeshire

Email / Contact form: <http://www.goodhomefoods.co.uk/contact.html>

Phone: 01603 465717

Website: <http://www.goodhomefoods.co.uk/Index.html>

- **Grandma's Kitchen**

Delivery area: North & South Lowestoft, Pakefield, Carlton Colville, Kessingland, Southwold, Beccles, Gorleston, Great Yarmouth & Hopton (call to discuss if your area is not covered)

Email: enquiries@grandmas-kitchen.co.uk

Contact Form: <https://www.grandmas-kitchen.co.uk/contact-us/>

Phone: 01502 537733

Website: <https://www.grandmas-kitchen.co.uk/>

Menu: <https://www.grandmas-kitchen.co.uk/menu/>

Norfolk only

- **Country Kitchen Foods**

Delivery area: Aylsham, Reepham, Dereham, Norwich, North Walsham, Wroxham, Fakenham, Great Yarmouth, Acle, Caister and some of the surrounding villages (call to check other postcodes)

Email: enquiries@countrykitchenfoods.co.uk

Phone: 01603 871329

Website: <https://countrykitchenfoods.co.uk/>

Menus: <https://countrykitchenfoods.co.uk/menus/>

Suffolk only

- **Cottage Kitchen**

Delivery area: Halesworth, Holton & surrounding villages, Bungay, Ditchingham, Reydon & Southwold

Phone: 01986 873236

Website: <https://cottagekitchenmealsonwheels.co.uk/>

Menus: <https://cottagekitchenmealsonwheels.co.uk/menus/>

- **The Hot Meal Service**

Delivery area: Halesworth, Holton, Wenhaston and Wissett, Beccles, Worlingham, Loddon, Earsham, Bungay, Ditchingham, Harleston & Wortwell (more areas to become available)

Email / Contact Form: <https://www.thehotmealservice.co.uk/contactus>

Phone: 01603 742373

Website: <https://www.thehotmealservice.co.uk/>

Menu: <https://www.thehotmealservice.co.uk/menu>

- **Aspect Living**

Delivery area: majority of the Suffolk area

Email: enquiries@aspectliving.org.uk

Phone: 01473 749927

Website: <https://aspectliving.org.uk/>

Menus: <https://aspectliving.org.uk/sample-meal-choices/>

Lunch Clubs

Norfolk

- **Website:** <https://www.agespace.org/local/norfolk/enjoying-life/local-lunch-clubs>
- **Website:** <https://communitydirectory.norfolk.gov.uk/> (Type “lunch club” into Category)

Suffolk

- **Website:** <https://www.agespace.org/local/suffolk/enjoying-life/local-lunch-clubs>
- **Website:** <https://infolink.suffolk.gov.uk/> (Type “lunch club” into Key Words)

Help with food shopping

- **Shop Mobility scheme**

If you're visiting a shopping mall or a supermarket, there may be a shop mobility scheme or electric wheelchair or cart available for you to hire or loan. Ask at your local supermarkets.

- **Help during your shopping trip**

Supermarkets may offer an assisted shopping service to help you shop. Check with your supermarket to see if it's something they do. If they offer it, you'll need to book this in advance, so staff are available.

- **Grocery deliveries (order online)**

Many supermarkets and food shops can deliver food to your door on a day you choose (may need to book in advance).

- **Tesco Whoosh deliveries (order online)**

Same-day home delivery from your local Tesco Express. Choose from everyday essentials, meals and more and a local delivery partner will deliver in from as little as 20 minutes.

- **Morrisons Doorstep Deliveries (order by telephone)**

Order a delivery to your doorstep from a list of 47 essential items and the delivery will be made the following day from your local store. Pay for delivery on the doorstep via a mobile chip and pin device. **Phone:** 0345 611 6111 and select option five

Other useful websites

Norfolk & Suffolk

- **Save food & money:** <https://www.foodsavvy.org.uk/about>

Norfolk only

- **Food banks:** <https://communitydirectory.norfolk.gov.uk/> (type “food bank” into Category)
- **Financial support:** If you are in financial hardship and cannot pay your living costs, Norfolk County Council can supply essential kitchen appliances, such as a fridge, freezer or cooker if you are eligible: <https://www.norfolk.gov.uk/care-support-and-health/support-for-living-independently/money-and-benefits/client-hardship-service>
- **Support & advice: Age UK Norfolk**
 - Website: <https://www.ageuk.org.uk/norfolk/our-services/>
 - Phone: 0300 500 1217 (Monday-Friday 10am to 4pm)
 - Email: advice@ageuknorfolk.org.uk

Suffolk only

- **Food banks:** <https://infolink.suffolk.gov.uk/> (Type “food bank” into Key Words)
- **Financial support:** The Local Welfare Assistance Scheme helps those experiencing financial hardship. This could mean you are struggling to afford the basics, such as food, heating, clothing and fuel, or to pay your household bills: <https://www.suffolk.gov.uk/community-and-safety/communities/healthier/suffolk-local-welfare-assistance-scheme>
- **Support & advice: Age UK National (to get advice on local services)**
 - Website: <https://www.ageuk.org.uk/>
 - Phone: 0800 055 6112 (8am to 7pm, every day of the year)
 - Email / Contact Form: <https://www.ageuk.org.uk/contact-us/information-and-advice/>