























Eating well






	<p>If you are unwell or disabled it may be difficult to get to local shops or make healthy meals at home.</p>
	<p>Here are some ideas for eating well, even if you cannot make a meal yourself.</p>
	<p>Kitchen equipment</p> <p>You can buy special equipment for your kitchen to help you make meals.</p> <p>For more information, visit these 3 websites:</p> <ul style="list-style-type: none">• <u>Living Made Easy</u>• <u>NRS Healthcare</u>• <u>Complete Care Shop</u>
 	<p>Ready meals</p> <p>You can heat up a ready meal from the fridge or freezer, in an oven or microwave.</p>

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  	<p>You can buy ready meals from:</p> <ul style="list-style-type: none"> • any supermarket • online • over the phone
 	<p>You can get ready meals for lots of diets, such as:</p> <ul style="list-style-type: none"> • diabetic • low fat, low salt or low sugar

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  <p>K KOSHER</p>  <p>حلال HALAL</p>  	<ul style="list-style-type: none"> • gluten free • vegetarian • Kosher • Halal • pureed and egg free meals

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<p>Television chef recipe</p> 	<p>Always read the label to check that the food in the meal is healthy.</p>
	<p>For useful advice and information from the NHS go to The Eatwell Guide.</p>
	<p>You could freeze meals that family or friends have made you and heat them up when you need.</p>
	<p>This may be cheaper than ready meals or getting food delivered to your home.</p>

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    <p>Wiltshire Farm Foods</p> 	<p>Food delivered to your home</p> <p>You can get food and other shopping delivered to your home if it is difficult for you to get out.</p> <p>Lewisham and Southwark AgeUK offer Help at Home if you are aged over 50. Including help with shopping.</p> <p>The following companies:</p> <ul style="list-style-type: none"> • provide food for people with different diets and food allergies. • deliver frozen meals to your home. <p><u>Wiltshire Farm Foods</u></p> <p>Provide many types of food for people with different tastes or on different diets.</p> <p><u>Oakhouse Foods</u></p>

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   	<p>Provide many types of food.</p> <p><u>Blue Mountain Foods</u></p> <p>Provide Caribbean ready meals. For home delivery you must order 12 meals or more.</p> <p>Supermarkets</p> <p>Most big supermarkets have a home shopping delivery service. You or your carer could shop online with:</p> <p><u>Asda</u></p> <p><u>Co-op</u></p> <p><u>Iceland</u></p> <p><u>Marks and Spencer</u></p>



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M&S



Waitrose



[Morrisons](#)






[Ocado](#)


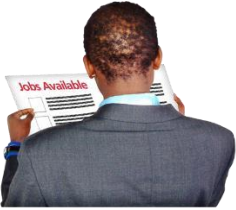


[Sainsburys](#)

[Tesco](#)

[Waitrose](#)

Some local shops may deliver food to your home for a small charge.

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	<p>Many local restaurants and take-aways can deliver food to your home.</p>
	<p>Support with meals</p> <p>If you cannot heat up meals yourself and you do not know someone who could prepare meals for you, please get in touch.</p> <p>See our webpage: Can we help with your care and support needs?</p>
 	<p>Food and money</p> <p>If you cannot buy healthy food for yourself or your family,</p> <ul style="list-style-type: none"> • are lonely

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  	<ul style="list-style-type: none">• or out of work <p>these local organisations can help you:</p> <ul style="list-style-type: none">• The Trussell Trust foodbanks can provide 3 days of food to support people in crisis.• The Southwark Foodbank