



Ontario County Office for the Aging
Living Longer and Stronger

Ontario County Office for the Aging

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Frozen Meal Program Fact Sheet

Revised April 5, 2018

There are 27 hot home delivered meal routes in Ontario County however there are areas of the County where we are not able to deliver a hot meal. For those people who do not live on a hot meal route, frozen meals are available. Frozen meals may be picked up Monday thru Friday between 9:00 am and 2:00 pm by a relative, friend or neighbor at Ontario ARC, 3071 County Complex Dr. Canandaigua, NY 14424. Enter the main entrance of ARC and tell the receptionist you are there to pick up frozen meals.

All frozen meals must be transported from the pick-up site in coolers with well-fitting lids that you must supply to transport your meals safely. Different size coolers will accommodate a certain number of meals. We suggest the following size coolers to accommodate the number of meals that will be picked up for you.

10 meals – need 36 quart cooler **20 meals** – need 48 quart cooler **OR** two 36 quart coolers

Upon receiving your frozen meals, place them immediately in the freezer. Store other meal items in the refrigerator. For each weekday, you will receive the following items:

- One frozen entrée (meat, starch, vegetable)
- One slice of bread
- Margarine
- One half pint low fat milk
- One serving of dessert

Please eat frozen meals by the expiration date on the container

Thawed meals in the refrigerator must be eaten within 2 days

Re-heating the meal: Temperatures and length of time may vary due to the variety of heating appliances used by various households

In Oven:

1. Preheat oven to 350 degrees
2. Place frozen meal on metal sheet (like cookie sheet) with the cover on
3. Heat the frozen meal in the oven for 35-45 minutes or until hot. If the meal is thawed, heat for 20-30 minutes
4. When the meal is hot, carefully remove the cover

In Toaster Oven: Use the same directions as for oven (may not take as long)

In Microwave:

1. The meal must be reheated from the thawed state
2. Transfer the food from the aluminum tray onto a microwavable plate.
3. Cover the meal with a microwavable lid or paper towel.
4. Heat for 90-120 seconds (1 ½ - 2 minutes)

Bon Appetite! Your donations are gratefully accepted. **There is a suggested donation of \$3.00 per meal** which can be mailed to our address above or put in the drop box at the ARC pick-up site. No one will be denied meals due to inability or unwillingness to donate.

DIRECTIONS TO 3071 COUNTY COMPLEX DRIVE

From Geneva:

- Take Route 5 & 20 West
- Turn right onto Freshour Road
- Turn left onto County Road 46
- Turn left onto County Complex Drive
- Go straight at the stop sign and follow the road to the ARC building
- ARC is on the LEFT as you come around the bend in the road
- Go through the main entrance door and to the front desk

From Clifton Springs:

- Take Freshour Road south
- Turn right onto County Road 46
- Turn left onto County Complex Drive
- Go straight at the stop sign and follow the road to the ARC building
- ARC is on the LEFT as you come around the bend in the road
- Go through the main entrance door and to the front desk

From Canandaigua:

- Head south on Main St. (Route 332)
- Left onto Phelps St. (blinking light, fire station on your left)
- Phelps St. becomes Saltonstall St.
- Saltonstall St. ends at the traffic circle; take the second exit on the circle onto County Rd. 46
- Continue straight on County Road 46 for approximately 1 mile
- Turn right onto County Complex Drive
- Go straight at the stop sign and follow the road to the ARC building
- ARC is on the LEFT as you come around the bend in the road
- Go through the main entrance door and to the front desk

