

# Eating well





If you are unwell or disabled it may be difficult to get to local shops or make healthy meals at home.



Here are some ideas for eating well, even if you cannot make a meal yourself.



### **Kitchen equipment**

You can buy special equipment for your kitchen to help you make meals.



Living made easy | cc



For more information go to these 3 websites:

- [Living Made Easy](#)
- [NRS healthcare](#)
- [Complete care shop](#)



### **Ready meals**

You can heat up a **ready meal** from the fridge or freezer, in an oven or microwave.



You can buy **ready meals** from:

- any supermarket



- online



- over the phone.



**You can get ready meals** for lots of diets, such as:

- diabetic



- low fat, low salt or low sugar



- gluten free



- Vegetarian

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- Halal



- pureed and egg free meals.



Always read the label to check that the food in the meal is healthy.



For useful advice and information from the NHS go to [tips to eat well for less](https://www.nhs.uk/healthyliving/tips-to-eat-well-for-less).



You could freeze meals that family or friends have made you



and heat them up when you need



This may be cheaper than ready meals or getting food delivered to your home.



## Food delivered to your home

You can get food and other shopping delivered to your home if it is difficult for you to get out.



Lewisham and Southwark AgeUK offer [Help at Home](#) if you are aged over 50. Including help with shopping.



The following companies:

- provide food for people with different diets and food allergies.



- deliver frozen meals to your home.



## Wiltshire Farm Foods

Provide many types of food for people with different tastes or on different diets.



Go to their

website: [www.wiltshirefarmfoods.com](http://www.wiltshirefarmfoods.com)

**Oakhouse**  
*foods*

**Oakhouse Foods**

Provide many types of food



Go to their website:

[www.oakhousefoods.co.uk](http://www.oakhousefoods.co.uk)



**Blue Mountain Foods**

Provide Caribbean ready meals. For home delivery you must order 12 meals or more.



Go to their website:

[www.bluemountainfoods.co.uk](http://www.bluemountainfoods.co.uk)



**Main supermarkets**

Most big supermarkets have a home shopping delivery service. You or your carer could shop online with:

**ASDA**

[Asda](#)



[Co-op](#)

**Iceland**

[Iceland](#)

# M&S

[Marks and Spencer](#)



[Morrisons](#)



[Ocado](#)



[Sainsburys](#)



[Tesco](#)

# Waitrose

[Waitrose](#)



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



Many local restaurants and take-aways can deliver food to your home.



## Support with meals

If you **cannot** heat up meals yourself



and you do not know someone who could prepare meals for you, please get in touch.

See our page [can we help with your care and support needs](#)



## Food and money

If you:

- cannot buy healthy food for yourself or your family.
- are lonely



- out of work.



2 local organisations can help you:



- [The Trussell Trust](#) foodbanks can provide 3 days of food to support people in crisis.



- The [Southwark Foodbank](#)