

EDUCATION

How to Access Healthy Food and Meals in Your Community on the Road to Recovery

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On the road to recovery following a brain injury, there are a number of health professionals that come into your life, various medical and therapy assessments that you have to participate in; along with trying to get back to doing your everyday activities such as driving, returning to work and activities around the home such as meal preparation and grocery shopping.

Proper nutrition is an important part of the puzzle in facilitating your recovery. Key nutrients such as vitamin C, B vitamins, vitamin D, essential fats and good sources of protein are but of few of the nutrients required to support healthy brain function. The best way to ensure that you are getting these and many more of the necessary nutrients is through eating whole foods.

Whole foods quite simply is fresh, unprocessed foods such as raw and unsalted nuts and seeds, fresh fruits and vegetables, whole grains and lean meats. However this can be a challenge to find and purchase these foods following an injury due to difficulty accessing the community or grocery store, financial restraints or psychological issues such as anxiety in crowds, driving phobias and depression. Or it may just be that you're not sure where to go to purchase these foods. So below we have put together some helpful resources that you can utilize to help access healthy good quality food and meal options in your community.

FRESH LOCAL FOOD

Check out where your local Farmers' Market is at www.ontario.ca/foodland and you can find out what fruits and vegetables are available during that season. The harvest for the month of September brings us 32 different vegetables and 13 kinds of fruit. You'll find mouth-watering recipes at www.ontario.ca/foodland/recipes, many of which require only 15 or 30 minutes to prepare.

MEAL DELIVERY SERVICES

For those who are unable to prepare meals for themselves; healthy options in the community tend to be limited to fast food restaurants in which their food is often loaded in refined carbohydrates, trans fats, sugar and a ton of preservatives, additives, colorings and flavour enhances, many of which can have a negative effect of the nervous system and are not conducive to recovering from a brain injury. There are, however, a number of businesses that will bring healthy, freshly prepared meals to you. What is an even bigger bonus is that these individual meal prices are often similar to the cost of buying those meals at the local fast food restaurant. There is a minimal number of meals that you will need to order but you can store these in your fridge or freezer. Menus offer a wide variety of dishes and diet options.

Ontario wide delivery:

In The Zone Delivery Inc.

Fresh, customized meals for healthy living, weight loss and weight management.
www.zonemeals.ca
toll free 1.866.480.ZONE
(9663)
or 416.480.9663

Healthy Heart Meals

Freshly prepared meals whether you're looking to lose weight or improve your health (please check their website to confirm delivery to your postal code area).
www.healthyheartmeals.com
416.465.MEAL (6325)

Personal Gourmet

Both fresh and frozen meals personalized to a client's needs. These foods contain no chemicals or preservatives and the meals have been designed by renowned health expert and nutritionist, Rose Reisman.
www.personalgourmet.ca
416.721.0560

