Good food is good medicine!

Talk to your care team about the senior-friendly approach to nutrition.

Ask Us:

✔ Am I eating enough protein, calories, and fruits and vegetables?
✔ What is the reason for the changes in my weight?
✔ Why has my appetite changed?
✔ How can food improve my quality of life?
✔ Are there certain foods I should avoid because of my health or medications?

or anything else...

Your care is why we’re all here!

sfCare
Senior Friendly Care

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