



## Information on frozen meal delivery services

Initially when you go home you may not feel well enough to prepare meals. To support you during this time, there are many local and national companies who deliver hot or frozen nutritious meals directly to your home.

- **Oakhouse Foods:** Frozen ready meals delivered direct to your door throughout County Durham and Darlington.  
Tel: 01642 221112 [www.oakhousefoods.co.uk](http://www.oakhousefoods.co.uk)
- **Simply a La Carte:** Home delivery of frozen meals daily basis throughout County Durham and Darlington .  
Tel: 0191 456 0456. [www.simplypuree.co.uk](http://www.simplypuree.co.uk)
- **Simply Puree:** Home delivery of frozen meals daily basis throughout County Durham and Darlington. Delivers a pureed and soft consistency frozen meals.  
Tel: 0191 456 0456. [www.simplypuree.co.uk](http://www.simplypuree.co.uk)
- **Royal Voluntary Service (WRVS):** A weekly home delivery of frozen meals within Darlington, Barnard Castle, Durham City, Shotley Bridge, Chester-le-Street and Bishop Auckland areas.  
Tel: 01642 222643.
- **Wiltshire Farm Foods:** Home delivery of frozen meals on a daily basis throughout County Durham and Darlington. All special diets included in the range of meals.  
Tel: 0800 773 773

This leaflet was produced as part of the F4 campaign, Focus on Food and Fluid First at CDDFT, by the Nutrition and Hydration Improvement Team.

**Please note this list is not exhaustive and County Durham and Darlington NHS Foundation Trust does not formally endorse these companies**

