

Pirkanmaan Voimia

# Home Meal Service





The meals delivered by the home meal service are made by our chefs in the Koukun Helmi kitchen.

We serve dishes that are familiar to our customers, such as meat sauces, fish dishes and casseroles. On annual festivals, we offer traditional dishes.

Each meal consists of a main course, a side dish (potato, mashed potatoes, rice), a vegetable side dish and a dessert. With soup, we always offer fruit.



A balanced diet is very important for everyone's well-being and ability to cope with everyday tasks. Our home-delivered meals contain, on average, one-third of the recommended daily nutrient.

***We take into account  
nutritional recommendations  
and special diets***



*Delicious home  
style meals*





# Reliable deliveries

Meals are delivered twice a week on agreed delivery dates between 8am and 4pm. The delivery worker places the ordered meals in the refrigerator and can heat up a meal in the microwave at the customer's request. Our delivery workers are reliable customer service professionals who are used to working with seniors.



## Contact us, we want to serve!

Our customer service staff are happy to help with any questions about the meal service, and to receive customer information and changes to meal orders, and guide customers in using the service.

**Pirkanmaan  
Voimia  
Home Meal Service**

Customer service  
8am to 12am  
**Tel. 040 801 2666**

email:  
**[kotiateria.koukun.helmi@voimia.fi](mailto:kotiateria.koukun.helmi@voimia.fi)**

Visit our website:  
**[www.voimia.fi](http://www.voimia.fi)**

