

# How to Receive a Meal

- Call us at 604-793-7242
- Email us at [mow@comserv.bc.ca](mailto:mow@comserv.bc.ca)

Our friendly staff will work with you to understand your dietary and meal delivery needs, and payment options.

If you cannot make the call yourself, a family member, friend or caregiver may call on your behalf.



## Delivery Options

- Regular hot meal delivery Monday through Thursday between 11 a.m. and 1 p.m.
- Thursday delivery of frozen meals
- If requested, additional meals can be delivered during the week for use on holidays and weekends.
- No deliveries on statutory holidays

## Eligibility

Home delivery of fresh or frozen nutritious meals to individuals who, because of age, illness or disability, cannot prepare adequate meals for themselves. Individuals remain in the comfort and familiarity of their home, avoiding the stress of moving to a facility.

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[www.comserv.bc.ca](http://www.comserv.bc.ca)



MEALS ON  
WHEELS

# Serving up Smiles



Meals on Wheels is a neighborhood service that conveniently delivers fresh, nutritious meals directly to your home.

Volunteers who deliver the meals also offer a quick friendly visit. Meals on Wheels regularly provides the healthy foods you want, allowing you to live independently in your own home.



## Convenient, Nutritious Meals

Here are just a few of the many benefits Meals on Wheels provides:

- Freshly prepared meals without preservatives, made in local kitchen
- Balanced meals with healthy portions
- Convenient delivery options, including hot meal delivery or the same great meals frozen and delivered weekly
- No contracts or delivery charges
- Suitable for long-term and short-term help

## Costs

- Entrée and soup \$8.50
- Frozen Entrée and soup \$8.50
- Frozen Soup 16 oz \$5.00
- Breakfast Sandwich \$4.00
- Dessert \$4.50
- Jumbo Muffin \$3.00
- 8oz Salad \$3.50

\*prices subject to change

