

Health & Home
CARE
Society of BC

CHINESE MEALS ON WHEELS

中餐送餐服務

604-292-7200

Our Chinese-speaking volunteers deliver hot lunches every weekday to members of the Chinese community in Vancouver and Richmond. Volunteers also provide a friendly visit and informal security check. Anyone who has difficulty shopping or preparing well-balanced meals can benefit from this charitable service.

Home-Style Meal

- ◆ Includes fish, pork, chicken, beef or tofu served with steamed rice and Chinese tonic soup
- ◆ Is monitored by dieticians
- ◆ Has a minimum amount of salt, oil and spices, and no MSG
- ◆ Menu follows a 4-week rotation

Chinese Meals on Wheels relies on:

- ◆ Dedicated volunteers to deliver meals
- ◆ Donations from the community to subsidize costs for those who cannot afford the meals

Interested in volunteering? Need meals? Please call!

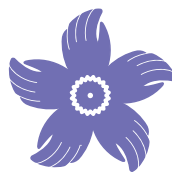
The Health and Home Care Society of BC is a charitable, not-for-profit organization that has been taking care of British Columbians since 1898.

*Meals prepared by S.U.C.C.E.S.S. Simon K.Y. Lee Seniors Care Home.
Please contact us for cost. Services subject to change.*

Chinese Meals on Wheels

204 – 3077 Granville Street, Vancouver, BC V6H 3J9
TEL: 604-292-7200 FAX: 604-733-6698
EMAIL: info@carebc.ca WEB: www.carebc.ca
CHARITABLE TAX NO. 13082-8791-RR0001

Our partners in this program: Vancouver Coastal Health, the Province of British Columbia and the Nissan Canada Foundation.



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我們有一隊能操流利華語義工於每週星期一至五為溫哥華及列治文社區的華人送上熱午餐。此外，我們的義工更作友善探訪及家居安全檢查。閣下如有困難出外購物或煮食一頓營養均衡的午餐，您會因為使用我們定時送餐的服務而受惠不少。

家庭式午餐

- ◆ 通常包括魚肉、豬肉、雞肉、牛肉或豆腐，白飯及中式老火湯。
- ◆ 由營養師監察。
- ◆ 以最少鹽、少油和少調味品及完全不含味精。
- ◆ 菜單每四個星期重複一次。

中餐送餐服務全賴：

- ◆ 熱心的義工每日義務收取及遞送午餐。
- ◆ 社區內善長的捐款用以資助那些不能負擔午餐費用的人仕。

您有興趣加入我們義工的行列？

您需要送餐服務？或查詢費用，請與我們聯絡

卑詩衛生及家居護理會是一所非牟利的慈善團體。自一八九八年以來卑詩衛生及家居護理會為極需要幫助的人提供不斷改善的醫療服務。午餐是由中僑互助會李國賢護理安老院供應。服務會隨時更改。

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合作團體：卑詩省，溫哥華海岸衛生局及加拿大日產基金會