

Health & Home
CARE
Society of BC

MEALS ON WHEELS

*Serving Vancouver and Richmond
since 1967*

TEL: 604-732-7638

Our Meals on Wheels volunteers deliver more than 500 meals every weekday throughout Vancouver and Richmond. In addition to the hot, nutritious food, meal recipients benefit from a visit from our friendly volunteers and an informal check on their safety. Meals are delivered Monday to Friday between 11 a.m. and 1 p.m.

Meals on Wheels Menu

Home-style Western Meal

(Soup and crackers; hot entrée of meat, fish or poultry; potatoes, rice or pasta; vegetables; dessert)

Diet choices for Western Meals

- ◆ Regular
- ◆ Vegetarian
- ◆ Low sugar
- ◆ Soft

Sandwich pack with fresh fruit

(available in addition to a meal order)

Frozen Entrée (available daily)

Chinese Meals on Wheels

We also offer Chinese Meals on Wheels. Please phone **604-292-7200** for service in Cantonese and English.

Meals and entrées follow a four-week rotation.
Please contact us for costs. Services subject to change.

Who do we serve?

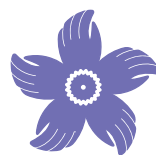
Any Vancouver or Richmond resident who has difficulty shopping or preparing well-balanced food can benefit from this charitable service:

- ◆ seniors
- ◆ people with chronic conditions
- ◆ people recovering from surgery or illness
- ◆ new mothers

The **Health and Home Care Society of BC** (formerly the Victorian Order of Nurses BC) is an independent and locally based not-for-profit organization that has been taking care of British Columbians since 1898. We continue this tradition of caring today with programs like **Meals on Wheels**, which help people stay healthy and in the comfort of their own homes.

Please contact us for more information on:

- ◆ **Volunteering** – We depend on our dedicated volunteers to pick up and deliver more than 500 meals every weekday.
- ◆ **Making a tax-deductible donation** – We charge less for meals than they cost to produce, so we rely on donations from the community to provide meal service to people in need.



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Charitable Tax No. 13082-8791-RR0001

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