



Health & Home
CARE
Society of BC

WESTERN & CHINESE MEALS ON WHEELS

Serving Vancouver and Richmond since 1967

604-732-7638 | www.carebc.ca

204 – 3077 Granville Street, Vancouver, BC V6H 3J9

F: 604-733-6698 | wmow@carebc.ca

Charitable Tax No. 13082-8791-RR0001

Every weekday, our volunteers provide hot meals to home-bound people including **seniors, caregivers, individuals with chronic or acute medical conditions, and individuals recovering from surgery, illness or injury.** In addition to providing a hot meal, volunteers also offer the comfort of a friendly visit and the reassurance of an informal check on the safety and well-being of meal recipients.

We provide the comfort of a hot, healthy meal and an informal safety check.



MEAL DELIVERY - MONDAY TO FRIDAY 11AM - 1PM

WESTERN MEALS

Red Meat (Regular or Minced) <i>OR</i>	\$7.25
Non-Red Meat (Regular only)	
<i>~ Soup; Hot Entrée; Dessert</i>	
Frozen Entrée	\$6.25
<i>~ Many Chicken, Pork, Beef and Vegetarian options</i>	
Frozen Breakfast	\$5.75
Sandwich Pack with Fresh Fruit	\$4.00
<i>~ available in addition to a meal order</i>	

HOT CHINESE MEAL

<i>~ Tonic Soup; Hot Entrée; Steamed Rice - NO MSG</i>	\$7.50
*Delivery of Chinese Meals on Wheels begins at 10:30 AM	

The **Health & Home Care Society of BC** is an independent and locally based not-for-profit organization. Since 1898, we have been providing community services to help keep British Columbians healthy and living in their own homes.

Vancouver Coastal Health is our partner in this program. We would also like to acknowledge the financial assistance of the Province of British Columbia.



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卑詩衛生及家居護理會

義工送餐服務

電話: 604-733-6615 | cn.carebc.ca

204 - 3077 Granville Street, Vancouver, BC V6H 3J9

傳真: 604-733-6698 | cmow@carebc.ca

慈善機構號碼: 13082-8791-RR0001

我們有華語義工為溫哥華及列治文社區的耆英送上熱午餐及友善探訪。如閣下因健康問題而不能外出購物或煮食，你會因為使用我們定時送餐的服務而受惠不少。

送餐時間星期一至星期五 10:30至 1:00

服務對像是耆英及有困難外出購物或煮食的人仕。



家庭式午餐

\$7.50

- 包括魚/豬/雞肉或豆腐，白飯及中式老火湯。
- 完全不含味精。
- 菜單每四個星期重複一次。

你有興趣加入我們義工行列嗎？

中餐送餐服務全賴

- 熱心的義工每日義務遞送午餐。
- 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

午餐是由李國賢護理安老院提供。

卑詩衛生及家居護理會是一所非牟利的慈善機構。從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進步的支援及醫療服務。

合作團體：卑詩省溫哥華沿岸衛生局