



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>	\$7.50
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	\$4.50
<i>~ available in addition to a meal order</i>	

HOT CHINESE MEAL

<i>~ Tonic Soup; Hot Entrée; Steamed Rice</i>	\$8.00
*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長者送上熱騰騰午餐及友善探訪。如閣下因健康問題而不能外出購物或煮食，我們的[送餐服務]將帶給你安心及滿足。

送餐時間星期一至星期五 10:30至 1:00

服務對像是區內長者及有困難煮食之人仕。



中式午餐 \$8.00

- 包括魚/豬/雞肉或豆腐, 白飯及中式老火湯/湯羹。
- 菜單每四個星期重復一次。

你有興趣加入我們義工行列嗎?

- 為長者及有需要人仕送上熱餐
- 參與每週幾個小時的義工服務，你便可以在社區中發揮作用，讓我們一同努力為社區出一分力！義工熱線：604-733-6615

午餐主要是由李國賢護理安老院提供及部份地區由幸運海鮮酒家負責

卑詩護理會是一所獨立、非牟利及以卑詩省為服務基礎的慈善機構。自1898年起，我們在卑詩省便開始了最早期的社區醫療服務直至今日。

合作團體：卑詩省溫哥華沿岸衛生局