

## OFFICE HOURS\*:

Monday to Friday, 8:30 am - 4:30 pm

Call our office for Summer Hours

\*Answering machine available after hours. Holidays & closures online

## HOW TO REGISTER:

Call 519-660-1430  
or visit [mowl.ca](http://mowl.ca)

Make sure you have the following:

- Full Address & Phone Number
- Two Emergency Contacts
- Client's Date of Birth
- Diet & Mobility Information
- Billing Address or Email

## PAYMENT METHOD:

- Clients are billed monthly
  - Pay Online or Over the Phone
  - Automatic Withdrawal Available
- Call our office to discuss financial assistance or eligibility for subsidy.*

Client's file will be put on hold after two months of non-payment and will not be allowed service until paid.

## ABOUT MOWL

### VISION:

A community in which every person has a pathway to wellness and independence.

### MISSION STATEMENT:

Nourishing community wellness, one person at a time.

*We have served  
London's seniors for  
over 50 years!*

## CONTACT US :

356 Queens Ave.

London, Ontario

N6B 1X6

519-660-1430

[info@mowl.ca](mailto:info@mowl.ca)

[www.mowl.ca](http://www.mowl.ca)

 @MOWLLondon

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 @MealsOnWheelsLondon



MEAL &  
TRANSPORTATION  
SERVICES  
WITHIN LONDON



MEALS  WHEELS  
LONDON

TOGETHER, WE CAN DELIVER.

## ELIGIBILITY:

MOWL provides services to those in need of short or long-term nutritional and/or transportation support.

- Seniors 55+
- Adults 18+ living with disabilities



## FRESH MEALS:

Delivered Mon, Wed, Fri  
(11am - 1:30pm)

- Meals are delivered chilled
- **Volunteer Check-in & Social Contact**
- Monthly Meal Calendar!
- **Diets: Regular, Diabetic, No Added Salt, Gentle & Minced**
- Recyclable containers used in microwave or oven
- **Initial Service: minimum 5 meals**

Product	Price	Partial Subsidy	Full Subsidy
Fresh Daily Meal (Comes with dessert)	\$8.50	\$5.50	\$4.25
Breakfast Bag (Fresh meal add-on)	\$2.60	\$2	\$2
Frozen Entrees (Package of 7)	\$45	\$36	\$31.50
Frozen Soups/Desserts (Package of 7)	\$17.10	\$15.40	\$13.70
Foodbox Package (Based on Eligibility)	Free	Free	Free
Wheels for Wellness (Roundtrip Transportation)	\$24	\$20	\$17
Lunch Bunch (Does not include meal cost)	\$12	\$12	\$12

## FROZEN MEALS:

Weekly Delivery

Order Monday, Receive on Thursday

- Customize your package of 7 meals from a menu of over 70 options!
- **Volunteer Check-in & Social Contact**
- Entrees, Desserts or Soups!
- **Diets: Regular, Diabetic, Gluten Free, Lactose Free, Vegetarian, Renal, Minced & Pureed**
- Recyclable containers used in microwave or oven
- **Initial Service: minimum 1 package**

## WHEELS FOR WELLNESS\*:

- Door-to-door Round Trip Rides (Wellness related appointments)
- Must book 1 week in advance
- Appointments up to 3 hours

\* Not Wheelchair Accessible

## LUNCH BUNCH\*\*:

- Get a ride to enjoy lunch with other Wheels for Wellness clients!
- Fee is for transportation, lunch is at the client's expense

\*\*For clients registered in transportation