



# Programs Brochure



# WELCOME TO MEALS ON WHEELS!

## HOW TO REGISTER:

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

### What You Need To Register:

- Full address & phone number
- Two emergency contacts
- Client's date of birth
- Information on diet & mobility
- Billing address or e-mail
- Most recent Tax Assessment

## PAYMENTS

Clients are billed monthly.

There are many options for payment including automatic monthly payments.

## SUBSIDY AVAILABLE

Call our office to learn about subsidized rates.

Special rates are available for organizations looking to purchase our services.

## ABOUT MOWL:

At Meals on Wheels London (MOWL), our goal is to build independence for all of our clients. We offer fresh and frozen meal programs, a curb-to-curb transportation service, and friendly visiting.

## OUR VISION

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

## OUR MISSION

Nourishing community wellness, one person at a time.

## OFFICE HOURS:\*

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

\*Holidays and changes to office hours are listed at [www.mowl.ca](http://www.mowl.ca)

✉ [info@mowl.ca](mailto:info@mowl.ca)

✉ [@mowlondon](https://www.instagram.com/mowlondon)

📷 [@mowlondon](https://www.instagram.com/mowlondon)

📘 [MealsOnWheelsLondon](https://www.facebook.com/MealsOnWheelsLondon)

Supported By:



United Way  
Elgin Middlesex



**MEALS on WHEELS**  
**LONDON**

TOGETHER, WE CAN DELIVER.



**MEAL &  
TRANSPORTATION  
SERVICES**

**WITHIN LONDON, ON**

(519) 660-1430  
356 Queens Ave  
London, Ontario N6B 1X6  
[www.mowl.ca](http://www.mowl.ca)

## PROGRAMS & SERVICES

- Fresh Daily Meal (Hot or Chilled)
- Breakfast Bag Meal Addition
- Frozen Entrées (Pkg of 7)
- Frozen Soups/Desserts (Pkg of 7)
- Food Box (Based on eligibility)
- Wheels for Wellness (Ride Service)
- Friendly Visiting Program

### ELIGIBILITY:

Meals on Wheels London provides service to adults 55+ and adults 18+ with a disability in need of nutritional and/or transportation support both short and long-term.

### CRISIS PROGRAM

All services are available at no cost to those in crisis. This program is at the discretion of MOWL.

Call [\(519\) 660-1430](tel:5196601430) for more information.

## FRESH MEAL DELIVERY

**Initial service - minimum five meals**

Delivered Mondays, Wednesdays and Fridays 11am -1:30pm

- Monthly calendar of fresh meals
  - Meals delivered chilled, can be delivered heated if requested
  - Weekend meals delivered chilled on Friday
  - Recyclable containers can be heated in microwave or oven
- Dietary options: Regular, Gentle, No Added Salt Diabetic, Minced



FRIENDLY VISIT



SAFETY CHECK



NUTRITIOUS MEAL

## WHEELS FOR WELLNESS\*

Curb-to-curb round trip transportation to wellness-related appointments up to three hours in length.

Must book one week in advance.

\*Not wheelchair accessible  
Walkers and canes welcome!

## FROZEN WEEKLY DELIVERY

**Initial service - minimum 1 package**

**Order Monday before 3pm for delivery on Thursday**

- Order 7 meals at a time from menu of 70+ options
  - Recyclable containers can be heated in microwave or oven
- Dietary options: Diabetic, gluten-free, lactose-free, vegetarian, renal diets
- \*\*Minced and pureed also available.





# Price List



Product	Price	Subsidized Price	Subsidized Price
Fresh Daily Meal (Comes with dessert)	\$8.50	\$5.50	\$4.25
Breakfast Bag (Fresh Meal Add-On)	\$3	\$2	\$2
Frozen Entrees (Package of 7)	\$46	\$37	\$32
Frozen Soups/Desserts (Package of 7)	\$18	\$16	\$14
Foodbox Package (Based on eligibility)	Free	Free	Free
Wheels for Wellness (Round-trip Transportation)	\$24	\$20	\$17
Friendly Visiting Program	Free	Free	Free



# Friendly Visiting





MEALS ON WHEELS  
LONDON



# Free SOCIAL PROGRAMS

## Stay Connected

519-660-1430



**Senior Centre Without Walls:**  
Weekly group program over the phone.



**Monthly Trivia Night:**  
Friendly evening of group Trivia over the phone.

(Chit chat, icebreakers and some fun trivia! Don't worry- it's all about the fun and not the competition.)



**One on One Calls:**  
Friendly social calls with Devon, scheduled at your leisure.

**Opportunities to meet others, enjoy good conversation and have fun!**  
Please note that these are just a handful of the programs we have on offer.

Visit our website or call to register or ask for more details!

☎ (519) 660-1430

🌐 [mowl.ca/Social-Programs](http://mowl.ca/Social-Programs)

 **The Good Companions**  
Supporting a Vibrant Community



**Volunteer With Us!**





## WHAT YOU NEED TO VOLUNTEER

All volunteering opportunities at Meals on Wheels London require:

- The use of one's own personal vehicle
- Current and valid 'G' driver's license
- Up-to-date insurance
- Current Vulnerable Sector Check from London Police

Volunteers are also required to attend an in-person orientation and onboarding session at our office where you will receive all documentation regarding our volunteer positions.

You will receive a call or email to complete registration.

To apply, please go to:  
[mowl.ca/volunteer/](http://mowl.ca/volunteer/)

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TOGETHER, WE CAN DELIVER.

**VOLUNTEER WITH US!**



**GENERAL INFORMATION**

(519) 660-1430  
356 Queens Ave  
London, Ontario N6B 1X6  
[www.mowl.ca](http://www.mowl.ca)



FRIENDLY VISIT



SAFETY CHECK



NUTRITIOUS MEAL

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

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Ontario  
Health

## FROZEN MEAL DELIVERY DRIVER

Thursday morning routes (2-3 hours)  
between 8:30am - 1:30pm

- You are assigned a route with 7-15 clients
- Delivery of frozen meals, soups, and/or desserts
- Meals are pre-packaged and labelled. 7 frozen meals per bag

## FRESH MEAL DELIVERY DRIVER

Monday, Wednesday, and/or Friday  
routes (2-3 hours) 10:45am - 1:30pm

- You are assigned a route with 10+ clients
- Delivery of fresh daily meals pre-packaged and labelled

## SPARE MEAL DELIVERY DRIVER

Choose a route at your leisure!

- Weekly/Monthly emails with spare routes we need assistance with
- You can pick and choose when you take a route



**MEALS on WHEELS**  
LONDON

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**WHEELS FOR  
WELLNESS**

## TRANSPORTATION DRIVER

Mon - Fri between 8am - 4pm  
Minimum 30 minutes, up to 4 hours

You are assigned a ride request in advance that includes:

- Name of client
- Name and address of wellness-related appointment location
- Approximate expected length of appointment

\*\* We do not provide rides to the grocery store or for errands.





# How to Support Us





**Connection is the reason they stay**

## WHAT DOES MOWL DO FOR LONDON?

Meals on Wheels London raises critical funds to help support the most in-need Londoners, primarily seniors and adults with disabilities.

We make sure everyone has access to affordable and reliable services that help them remain healthy & independent.



FRIENDLY VISIT



SAFETY CHECK



NUTRITIOUS MEAL

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## WANT TO DO MORE?

As a meal delivery or transportation volunteer, you can be the reason neighbours in need can eat regularly and make it to their appointments.

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

 [@mowlondon](https://twitter.com/mowlondon)

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 [MealsOnWheelsLondon](https://www.facebook.com/MealsOnWheelsLondon)

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Ontario  
Health



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**DONATIONS HELPING  
THOUSANDS OF  
NEIGHBOURS  
WITHIN LONDON, ON**

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“

IF IT WASN'T FOR MEALS ON WHEELS, I WOULD NOT BE EATING.

RENT & UTILITIES TAKE UP MOST OF MY MONEY EACH MONTH, SO THIS LITERALLY SAVES MY LIFE.

”

MOWL CLIENT 2023



### THE CAUSE

Over 5000 Londoners rely on MOWL each year for support.

75% - The number of clients who tell us MOWL has improved their independence

77% - The number of lonely clients who say MOWL reduces their isolation

### YOUR DONATIONS

All donations go directly to support Londoners in our programs. Over 60% of our clients require subsidized meals and rides.

Consider becoming a monthly donor to maximize your impact!



### LAST YEAR

### WE PROVIDED

130,000+ Meals Served

2000+ Rides to Appointments

5000+ Clients Served Annually

20,000+ Volunteer Hours

400+ Friendly Visits

100+ Christmas Day Meals





**Leave a Legacy**



# WHAT ARE THE BENEFITS?

The Government of Canada encourages charitable giving with numerous tax incentives. Although proceeding with such a plan can be simple, Meals on Wheels London strongly recommends that you consult with your financial advisor before initiating a planned giving donation. This will ensure that you will receive professional advice tailored to your personal financial and tax situation.

Planning ahead can lead to peace of mind and great satisfaction that your planned gift will have an impact that is important to you!



## 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.

To check out our commitment to our community, visit:

<https://mowl.ca/about-us/>

### CONTACT US

356 Queens Ave.  
London, Ontario  
N6B 1X6

519-660-1430  
info@mowl.ca  
www.mowl.ca

 @MOWLondon

 @MOWLondon

 @MealsOnWheelsLondon

Charitable Registration: 12989-5124-RR0001



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## Planned Giving

Leave a legacy and help build a better community, one person at a time.

# AN ESSENTIAL SERVICE



For over 50 years, Meals on Wheels London's volunteer based programs have allowed seniors and other vulnerable members of our community to remain healthy, independent and in their homes, providing an alternative to costly retirement or nursing residences.

In addition to the nutritional support provided by our fresh and frozen meals, Meals on Wheels London volunteers provide critical transportation rides to wellness appointments, such as doctors visits or other essential appointments.

On top of all of these services, our dedicated, caring volunteers provide peace of mind to clients and their loved ones through daily check-ins.

## THE CAUSE

Over 5,000 clients served each year  
Over 130,000 meals served each year  
Over 20,000 volunteer hours each year

Over 60% of MOWL clients require subsidy to afford their meals and rides which are at and below cost.

## YOUR PLANNED GIFT

Your planned gift will go directly to some of the most vulnerable in your community.

## TYPES OF GIFTS

- Gifts By Will
- Charitable Gift
- Annuity
- Designate a Charity as Beneficiary of a
- Registered Account
- Set Up a Charitable Remainder Trust
- In-Kind Donations of Stocks, Bonds, and Other Publicly Listed Securities
- Donate a Life Insurance Policy



## WHAT IS THE NEXT STEP?

Your financial advisor can give more information on which type of gift best suits your financial position and help find the best way for you to leave your legacy.

To start the conversation, please consider taking this brochure to your financial advisor. If you do not have a financial advisor at this time, we would be more than happy to connect you with one!

