

WELCOME TO MEALS ON WHEELS!

HOW TO REGISTER:

Call **519-660-1430**
or visit 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

✉ info@mowl.ca

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

✉ [@mowlondon](https://www.facebook.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

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** 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

Delivered on Thursdays.

Visit website or call for order deadline.

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.**

