WELCOME TO MEALS ON WHEELS!

HOW TO REGISTER:

Call <u>519-660-1430</u> or visit <u>www.mowl.ca</u>

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

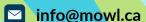
A community in which every person has a pathway to wellness and independence.

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







MealsOnWheelsLondon

Supported By:









MEALS •• 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 <u>(519) 660-1430</u> 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



SAFETY CHECK

NUTRITIOUS MEAL

FRIENDLY VISIT

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.

