

Welcome!

Meals on Wheels London is here to help with your meal and transportation needs.

How to Register

Visit www.mowl.ca/register
or Call 519-660-1430

You will need:

- 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 (If applying for subsidy)

Payment

Services are billed monthly. There are multiple payment options, such as online, automatic withdrawal from bank or card, etc.

Subsidy Available

Call our office to learn about subsidized rates.

Special rates available for organizations who want services.

About 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 social programs!

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



MealsonWheelsLondon



@MOWLLondon



mowlondon.bsky.social



@MOWLLondon

(Updated: Feb 2026)

Supported By:



United Way
Elgin Middlesex

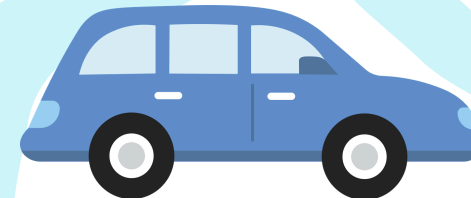


Ontario
Health



MEALS on WHEELS
LONDON

TOGETHER, WE CAN DELIVER.



**AFFORDABLE
MEALS AND
TRANSPORTATION
IN LONDON**

(519) 660-1430
356 Queens Ave
London, Ontario N6B 1X6
www.mowl.ca

Programs & Services

- Transportation to Appointments
- Fresh Daily Meals
- Breakfast Bag (Fresh Add On)
- Frozen Entrées (Package of 7)
- Frozen Soups/Desserts (Pkg of 7)
- Food Box (Based on eligibility)
- Friendly Visiting Social Program

Eligibility

Our service is available for any adult 55 years or older.

It is also for any adults over 18 who have a short, long-term, or permanent disability.

Crisis program

Services are available to those experiencing crisis at no cost on a case by case basis. This program is at the discretion of MOWL. Call (519) 660-1430 for more information.



Transportation:

Curb-to-curb round trip transportation to appointments within the city limits.

Additional Information:

- Walkers and canes accepted
- You can bring a companion at no extra cost
- Not wheelchair accessible

Frozen Meals:

Frozen Meals are ordered in bundles of 7, delivered Thursdays. Meals, soups, or desserts available!

Additional Information:

- Menu of 100+ Options
- Recyclable Container
- Heat in Microwave or Oven
- Minced or Pureed Available
- Diabetic, No Added Salt, Gluten Free, Lactose-Free
- Halal, Vegan, & Vegetarian

Fresh Meal Delivery:

We provide fresh meals that can cover every day of the month! Meals are delivered on Mondays, Wednesdays, and Fridays.

Additional Information:

- Monthly meal calendar
 - Meals delivered chilled, can be delivered heated if required
 - Recyclable containers can be heated in microwave or oven
- Dietary options: Regular, Gentle, No Added Salt, Diabetic, Minced

Friendly Visiting

We have a selection of social programs to help you stay connected with community!

Additional Information:

- Monthly social lunch
- One on One Calls
- Art Your Service - Online Classes, Workshops, and mental wellness sessions



FRIENDLY VISIT



SAFETY CHECK



NUTRITIOUS MEAL