

(613) 233-2424

More than just a meal!

Hot or frozen
nutritious meals
delivered to your home



Former cities of Ottawa,
Vanier and Rockcliffe

THE PROGRAM

Meals on Wheels

- is a volunteer-based support service that delivers nutritious meals to individuals to assist them in maintaining their health and independence at home.
- is delivered by trained volunteers who provide a personal contact, a safety and security check as well as an interested daily visitor.
- Is available at a reasonable cost.



Hot Meal Program

- offers an appetizing variety of meals consisting of soup, a main dish, fresh fruit or salad, and dessert.
- provides a selection of special diets.
- is delivered daily at noon, Monday to Friday, and on Saturday in some areas.

Frozen Meal Program

- offers a tempting array of main dishes, soups and desserts.
- provides special diets and allows the client to select their own menu.
- is delivered weekly or as needed.

THE PEOPLE

Clients

- men and women of all ages.
- individuals who, by receiving nutritional support, are better able to maintain independence and well-being in their own homes.

Volunteers

- are from all walks of life.
- deliver meals, work in our office, or serve on the Board of Directors.
- are trained and work in teams consisting of a driver and a server.
- are always needed and always welcome.
- Please call our office for more information on volunteering.



Staff

- Meals on Wheels is managed by a small, dedicated staff, committed to meeting the needs of clients and volunteers.

Sponsors

The King's Daughters and Sons
Service Clubs and Church Groups
Local Businesses
Governments of Canada and Ontario
Champlain Local Health Integration Network
City of Ottawa
Donations, Memorials and Bequests

DONATIONS & BEQUESTS

YES! I want to help...

- I would like to make a donation.
 Please contact me about volunteering.

Here is my donation in the amount of:

\$ _____

Name: _____

Street: _____

City: _____

Postal Code: _____

Phone: (_____) _____

My donation is in memory of:

(Receipt of your donation will be acknowledged to the family. Please attach the family's address. The amount of your donation remains confidential.)

Cheques may be made payable to:
Meals on Wheels
670 Albert Street
Ottawa (Ontario)
K1R 6L2

Phone: (613) 233-2424

Fax: (613) 232-3029

Email: service@mealsonwheels-ottawa.org

Web: www.mealsonwheels-ottawa.org

www.facebook.com/mealsonwheelsottawa

www.twitter.com/MOWOttawa

Charitable Registration # 11898 1778 RR0001