



**If shopping for food and preparing meals is a struggle,**  
*We can help.*

### **We offer low-cost meal delivery for people of all ages.**

Meals on Wheels delivers hot dinners, bag lunches and frozen meals straight to your door. We partner with the Winnipeg Regional Health Authority (WRHA) and independent care facilities to serve nutritious meals. Our dedicated volunteers deliver direct to homes and apartments across Winnipeg.

Meals on Wheels is more than a meal – it is a way for hundreds of Winnipeggers to continue living independently and with dignity. Delivering nutritious food is the heart of our service, but for many of our clients, the daily contact with a volunteer is what they cherish most. Family members also feel confident knowing someone is quickly checking in on their loved one.

### **Special Diets**

All menus are planned under the supervision of a Registered Dietitian in accordance with Canada's Food Guide. We can accommodate many special diets, including low sodium, low fat, diabetic and renal diets, as well as meals requiring special textures.

### **Eligibility**

Meals on Wheels offers service to anyone who cannot prepare a meal for themselves. If you are a senior, recovering from surgery/illness or living with a disability, you can use our service. Age is not a factor, and you can participate in the program for as long as you want. You do not need to be referred by a doctor – enroll in the program yourself or ask a friend or family member to call on your behalf.

### **Requirements**

To participate, you must order at least two meals per week. New clients must prepay for 10 meals. We will waive this fee if you sign up for pre-authorized debit payment. Once those meals have been delivered, you can opt out of the program at any time. If we do not hear from you, we will automatically continue delivering meals to your door.



## Payment

New clients must pay a non-refundable \$25 set-up fee. Statements are mailed at the beginning of each month for meals delivered during the previous month. Payment can be made by cash, cheque, money order or pre-authorized debit. New clients can also use VISA and Mastercard to pay for the initial set-up.

## Meal Delivery

Our team of dedicated volunteer drivers and servers deliver meals between 11 a.m. and 1 p.m. On weekdays (including holidays), they travel across the city. On weekends, they deliver to select areas only. Unfortunately, we are unable to guarantee specific delivery times, and poor weather or driving conditions may occasionally delay meals.

## Prices

### Standard Hot Meal \$6.00

Consists of soup, milk or juice, depending on facility. An entrée (including protein, starch & vegetable), crackers, and dessert.

Large portions are available at some facilities, add \$1.00

### Supper Bag \$4.00

Includes a sandwich and a side salad or dessert, as well as either milk or juice.

### Frozen Meals 5 for \$22.00

Meals include entrée and soup. Suitable for a standard diet. Also available in minced, puréed and blenderized textures. Available in select areas only.

**We are always looking for new volunteers. Call our office or visit our website to learn more.**

174 Hargrave Street  
Winnipeg MB R3C 3N2  
(204) 956-7711  
[www.mealswinnipeg.com](http://www.mealswinnipeg.com)

Open Monday to Thursday  
8:30 a.m. - 4:00 p.m. and  
Friday 8:30 a.m. - 3:00 p.m.

On all major holidays, our office is closed  
but meals are still delivered.



**Meals** on  
**Wheels**  
WINNIPEG

Feeding Independent Living™