

Service and delivery

Examples of who can access Meals on Wheels

- Caregivers enjoy a much needed break.
- House-bound clients enjoy contact with volunteer drivers.
- Residents who are unable to cook for themselves.
- Residents who are concerned about their nutrition.
- Residents recovering from surgery.
- Postnatal women.

Delivery: Volunteers deliver the meals around noon on Mondays, Wednesdays and Fridays.

Cost: \$7.50 per meal.
SOS subsidizes each meal cost.
Further subsidy may be available through Veterans Affairs Canada.

Donations: Gratefully accepted to help keep this service affordable.
Tax deductible receipts are issued.

Client comment

“Thank you to all the lovely volunteers that keep us happy with our meals and a friendly smile. This is a great organized service, thank you for providing it. My health is getting better since I don’t have to worry about cooking. We feel blessed.”

~A Meals on Wheels client



Volunteer with SOS

Help keep this valuable service available by delivering meals. Drivers are compensated for vehicle use.



SOS Community Services Centre

245 West Hirst Ave, Parksville



250.248.2093 ext. 225



www.sosd69.com | mow@sosd69.com

Meals on Wheels



Steve Crabb Images

**Supporting health
and independence by
delivering hot, nutritious
meals to your door.**



Food and nutrition

Sample menu

Menus for 4 typical meals in a month

Meals are scheduled on a 4-week rotation
and include seasonal salads and soups



Menu:

The menu is prepared under the guidance of a certified dietitian and is offered on a 4-week rotation. All meals meet Canada Food Guide standards and current dietary requirements for low-sodium and diabetic diets.

Substitutions can be provided for:

- Beef, pork, fish and dairy restrictions, as well as allergies.
- This service is unable to accommodate personal preferences, dislikes, or special meals such as vegetarian or no-fat/gluten-free diets.

Roast Pork Loin
Savoury stuffing
Gravy, apple sauce
Roasted potatoes
Vegetable medley
Carrot cake

Beef Stroganoff
Vegetable medley
Egg noddles
Butternut squash soup
Jellied fruit

Spinach & Mushroom Quiche
Herbed tomato with
Parmesan cheese
Hashbrown potatoes
Chocolate pudding

Greek-Style Chicken Breast
Roasted potatoes
Broccoli & carrots
Greek bean soup
Spiced apple crumble
with yogurt

Meals are delivered on Mondays, Wednesdays and Fridays.

Clients may order 1 to 7 meals per week. Meals come in re-usable, refrigerator and microwave-safe containers, which are picked up by an SOS volunteer the next delivery day.

Register for Meals on Wheels by calling SOS at 250-248-2093 ext. 225