

# 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 

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# 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**