

Service & 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: \$9.50 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.

SOS is an award-winning, charitable organization that has been meeting the needs and improving the lives of residents in the Parksville Qualicum Beach region since 1968. This program has been providing nutritious meals to residents since 1973.

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 assisting in the kitchen or delivering meals. Drivers are compensated for vehicle use.

In partnership



SOS Community Services Centre

Parksville 245 Hirst Ave., W. | 250.248.2093 ext. 225
mow@sosd69.com | www.sosd69.com



Meals On Wheels



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 soup and dessert



Meals:

The meals are prepared by qualified kitchen staff at Arrowsmith Lodge. The menu is created 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.

Herbed Greek Chicken
Roasted Potatoes
Greek Salad
Cream of Vegetable Soup
Butter Tart Square

Baked Ham
Scalloped Potatoes
Squash and Brussels
Chicken Noodle Soup
Chocolate Brownie

Turkey Meatloaf
Mashed Potatoes
Broccoli and Cauliflower
Tomato Basil Soup
Apple Rhubarb Crisp

Pasta Primavera
Italian Sausage
Dinner Roll
Minestrone Soup
Carrot Cake



Meals are delivered on Mondays, Wednesdays and Fridays.

Clients may order 1 to 7 meals per week. Meals come in reusable, 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