

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: \$8.50 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

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SOS Meals On Wheels



Steve Crabb Images

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



Food and nutrition

Supporting residents' health and independence



Menu:

The menu is prepared under the guidance of a certified dietitian and is offered on a 6-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.

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. The SOS Meals On Wheels program has been delivering meals to local residents since 1973.

Sample Menu

Menus for 4 typical meals in a month

Meals are scheduled on a 6-week rotation and include seasonal salads and soups

Bacon Wrapped Chicken Breast

Rosemary Jus

Pesto Mashed Potatoes

Green Beans

Rutabaga

Green Salad

Coffee Cake

Hungarian Beef Goulash

Mashed Potatoes

Yellow Beans

Broccoli

Cauliflower Soup

Apple Peach Crisp

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Vegetarian Lasagna

Green Side Salad

Chicken Rice Soup

Chocolate Caramel Mousse

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Panko Breaded Haddock

Wedge Fries

Creamy Coleslaw

Tiramisu

Meals are delivered on Mondays, Wednesdays and Fridays.

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