

# 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:** \$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.

## 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

Parksville 245 West Hirst Ave. | 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.

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

Vegetarian Lasagna  
Green Side Salad  
Chicken Rice Soup  
Chocolate Caramel Mousse

Panko Breaded Haddock  
Wedge Fries  
Creamy Coleslaw

## 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**