

# **MEALS ON WHEELS®**

*Serving The Lakehead Since 1968*

## **MEALS ON WHEELS® – Its Purpose:**

- To provide one home-delivered nourishing meal per weekday and a security check to eligible City of Thunder Bay residents.
- To promote health through nutrition and social contact, and help people stay independent at home.

## **Who May Subscribe To MEALS ON WHEELS®?**

- Adult unable to regularly prepare adequate meals, due to chronic illness or convalescence, lack of strength, skill, motivation or cooking facilities.
- Applicant who has no one at home who can prepare meals.
- Applicant who can eat without help and can manage on weekends.
- Respite care for family caregivers.

## **When & How Often Can I Receive MEALS ON WHEELS®?**

- Monday to Friday (including some statutory holidays).
- Qualified volunteers deliver meals between 10:30 am – 12:30 pm.
- Client must be home to receive meal.
- Any alternative delivery arrangements must be made prior to 9:00 am.
- Clients may receive a maximum of 5 days/week or minimum of 2 days/week.
- Meals may be cancelled due to inclement weather or other emergencies.

## **What Is In MEALS ON WHEELS® And What Is The Cost?**

- Hot, ready-to-eat entrée and soup, cold dessert.
- Diet accommodation available.
- \$7.25 per meal (no tax or delivery charge) billed monthly (Pre-Authorized Payment options available).

## **How Can I Refer Myself Or Someone Else To MEALS ON WHEELS®?**

- Call 625-3667 or 684-2862.

## **How Can I Cancel A Meal Or Discontinue the MEALS ON WHEELS® Service?**

- To cancel a meal or meal service and avoid charges, call or leave message before 9:00 a.m. on day of delivery. 24-hour voicemail.

**Note:** Personal information is collected under the authority of the Municipal Act, Homes for the Aged Act and the Long Term Care Act and will be used to determine eligibility and maintain current records with respect to services provided through the Meals on Wheels Program. Please direct any questions about this collection to the Meals on Wheels Supervisor, 750 Tungsten Street, Thunder Bay. Telephone 625-2785.

**FOR MORE INFORMATION CALL 625-3667**

# THUNDER BAY MEALS ON WHEELS®

*A non-profit Community Support Program providing  
"Home-Delivered Fare Beyond Compare"  
(since 1968)*

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## ***"More Than Just A Meal"***

- Quality:** Regulated facilities prepare nourishing meals to quality control standards.
- Affordable:** \$7.25 for entrée, soup and dessert – no tax or delivery charge.
- Reliable:** Screened volunteers deliver mid-day meal and provide a client "security check."
- Flexible:** We offer therapeutic diets and choice of part-time, full-time or respite service.

***You do not need a doctor's referral.***

**TO APPLY FOR MEALS, CALL:  
684-2862 or 625-3667**

***"Volunteers always Welcome"***

Member of the Ontario  
Community Support Association

CITY OF  
**Thunder Bay**  
*Superior by Nature*