

VOLUNTEERS NEEDED

Volunteers are always needed and appreciated. We ask for a minimum commitment of one day a week, between 10:30am & 1:00pm, a minimum of one day a week.

Teams of two volunteers deliver the meals to approximately twelve to fifteen homes.

Volunteer drivers receive quarterly a small mileage reimbursement to offset fuel costs.



If you can help in "Serving Our Community Together", or require Meals on Wheels service...

Please phone: 778-590-1433

DONATIONS

Meals on Wheels is supported by donations from the community.

All donations are tax deductible.

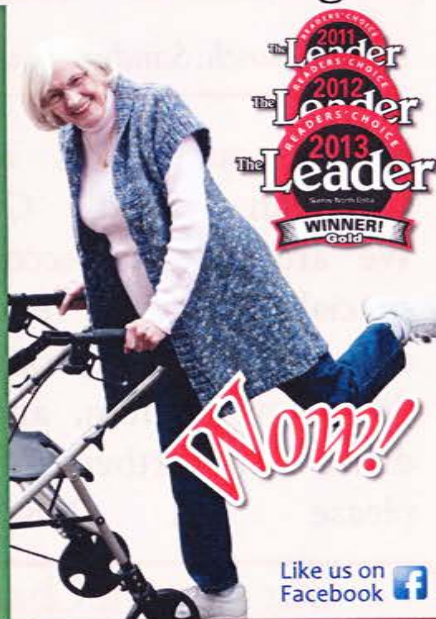
MEALS PROVIDED BY:

SURREY'S AFFORDABLE SENIORS' COMMUNITY

Independent & Assisted Living

- Three home cooked meals everyday
- Housekeeping every week.
- 24-hour on-site emergency call system.
- Vacation and respite stays.
- Pets allowed

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Like us on Facebook 



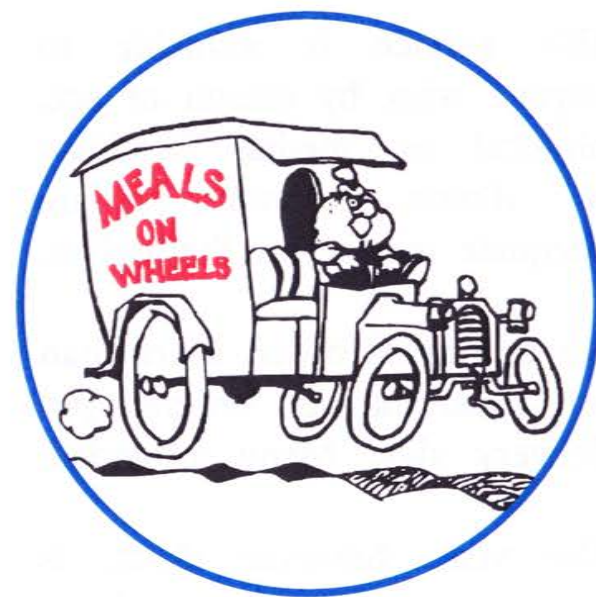
Call or email to arrange your tour
(604) 597-9333 Ext 126
teena.love@homecareliving.ca
13855 68th Avenue, Surrey | homecareliving.ca

www.homecareliving.ca

Surrey's Affordable Seniors' Community
604-597-9333

SURREY - NORTH DELTA

MEALS ON WHEELS



778-590-1433

Meals on Wheels
#142-6832 King George Blvd
Surrey, BC V3W 4Z9

MEALS ON WHEELS

Meals on Wheels is a Non-Profit Volunteer Community Service that delivers hot, nutritious meals to recipients' homes at the noon hour, Monday through Friday.

An additional brown bag lunch is also available if desired.

This service is available to anyone who, by reason of age, physical or mental handicap or illness, cannot prepare adequate meals for themselves.

No minimum order. More than one meal may be ordered per delivery day. Menu provided.

The visit, however short, is as important as the meal, as sometimes the volunteers are the only people they see all day.

FREE DELIVERY

SAMPLE MEALS

1. Boneless beef ribs, roasted potatoes, glazed carrots, dessert: Russian cream.
2. Halibut, saffron rice, spinach au gratin, dessert: pineapple bavarian
3. Butter chicken, California vegetables, citrus basmati rice, dessert: pudding
4. Cannelloni in tomato cream sauce, pita triangles, dessert: ambrosia salad

Bagged Lunch: Sandwich, juice, cookies

All of our meals meet the Canadian Food Guidelines. We are able to accommodate special dietary requirements such as food allergies, renal diets, low sodium, and pureed diets. For further information please call 778-590-1433.

Our Current Charges*

MEALS: Regular \$7.25

Large \$7.75

BAGGED LUNCH: \$3.00

Effective March 1, 2013

*Prices subject to change

CHEF TONY

Meet Red Seal Chef and nutrition manager Tony Dereume.

Tony brings over 23 years experience to the team. When he is not planning menus and creating exciting new recipes, Tony is a volunteer bag piper in the RCMP pipe band.

“I am happy to be associated with the Meals on Wheels program. It gives us the chance to raise the bar and provide seniors with tasty home-cooked meals from our nutritionally balanced menus. All of our cooks are dedicated, enthusiastic, and enjoy working together with the Meals on Wheels team.”

