VOLUNTEERS

Volunteers are the cornerstone of Meals on Wheels. Without our dedicated group of volunteers, our important community service would not be able to operate!

In many cases, the human connection and conversation is even more important than the meal itself, which is why we also provide a wellness check in - sometimes our volunteers are the only people our clients see all day.

We are always looking for new volunteers to join our team, whether it's on a weekly or relief basis. If you can spare a few hours once a week (typically 9:30am - 1:00pm) and would like to help us make a difference in our community, please express your interest by email or phone or apply directly on our website.

Drivers must possess a valid Class 5 driver's license, must be able to speak, read & write English and have access to GPS or be able to follow road maps.

Volunteer Orientation will be required and will include reviewing and signing our privacy policy, filling out a criminal record check, and going over our procedures.

Volunteers are reimbursed $0.80 per km travelled during deliveries.



DONATIONS

If you cannot volunteer your time, you can always help support us through donations. Donations are vital to our charity's operations.

Without the community's support we cannot offer our Meal Subsidy program or provide Volunteer Mileage reimbursement. All donations are tax deductible and donors will be issued a tax receipt.

Donations can be made by **credit card using this QR Code** or on our website at **www.sndmow.com,** by **E-Transfer** to our **email,** OR by **cheque** to our **mailing address**

CONTACT US

MAILING ADDRESS:
Unit 1104/Box 332,
7360 - 137 Street
Surrey, BC V3W 1A3

PHONE NUMBER:
778-590-1433

EMAIL ADDRESS:
sndmow@gmail.com

SOCIAL MEDIA

@sndmow

@sndmow2021

Join us on any of our social media platforms for updates, news and connections!

Surrey-North Delta Meals on Wheels



SO MUCH MORE THAN JUST A MEAL

Helping seniors, & others, stay safe and healthy in their own homes since 1970!

WELCOME TO SNDMOW

Surrey-North Delta Meals on Wheels is a volunteer community service that delivers fresh, nutritious meals to recipients' homes between 10am & 1pm, Monday through Friday. We service all of North Delta and Surrey, excluding South Surrey & White Rock.

In addition to providing a fresh nutritious meal, our volunteers also offer the comfort and reassurance of a daily informal visit and check-in on the safety and well-being of all our meal recipients.

There are no age requirements or medical referrals needed to use our service. It is available to all Surrey and North Delta residents. Registrations can be made over the phone or on our website.

We bill monthly in advance and accept cash, cheques and e-transfers.

**We are registered with the Veterans Affairs Canada, who may provide financial assistance to Veterans.*

Use the QR Code to visit our Website!



Last year, our volunteer drivers delivered 23,189 meals and 12,106 bagged lunches to our clients and drove a total of 47,991 KM!

MEALS

All of our meals meet the Canada's Dietary Guidelines. We are able to accommodate special dietary requirements, for medical or religious reasons, such as food allergies, vegetarian, diabetic and pureed diets.

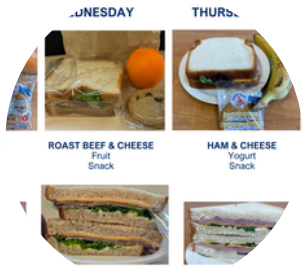
Meals can be ordered monthly off our 4 week rotating menu. We can also provide a meal plan and schedule meal deliveries only on days that work for the client.

All meals come with soup of the day and a dessert.

Regular Meal $11.50
Bagged Lunch $6.50

**Nov 2026. Pricing is subject to change.*





- ***BREADED PORK CUTLET*** *with Garlic & Chive Potato Mash & Seasonal Vegetables*
- ***CHICKEN SOUVLAKI*** *with Rice Pilaf & Zucchini*
- ***BAKED HADDOCK*** *with Hollandaise, Tater Tots & Green Beans*
- ***SALISBURY STEAK*** *with Mashed Potatoes & Carrots with Dill*

BAG LUNCH

Bagged Lunches are available as an add-on to your regular meal or can be ordered separately, 2 at a time. Includes a sandwich, fruit or yogurt & a cookie.

OUR COMMITMENT TO THE COMMUNITY

Over 100 people - seniors, people with disabilities, health-compromised & homebound individuals, and persons recuperating from surgeries - rely on us to deliver fresh, nutritious meals each weekday.

Our Mission:

To prepare and deliver nutritious meals to anyone who, by reason of age, physical or mental handicap or illness, cannot prepare adequate meals for themselves.

Our Goals:

- maintaining physical and mental health through proper nutrition
- preventing strain on medical and emergency services
- providing relief from isolation & loneliness

SPONSOR A SENIOR

Our MEAL SUBSIDY Program

We offer a **MEAL SUBSIDY** program for those that are in desperate need of our meals but are unable to afford them.

The eligibility requirements are on a income vs expense, case-by-case basis. An Eligibility Form is required in order to access this program. **There are no age restrictions for this program.**

Sponsor a Senior will cover 50% of your meal costs, if you are approved for the program. Please let us know at the time of registration if you are in need of this program.