

Meals on Wheels and More helps older adults and disabled residents of North York maintain their independence by providing them with affordable, supportive services.

We are a client-centred, non-profit, multi-service home support agency funded by user fees, grants and generous donors. Donations of money, time and goods are critical to our operation.

Can you lend a helping hand?

Please consider helping vulnerable adults in our community. Tax receipts are issued for monetary donations (Charitable Tax # 10702 9720 RR0001, Don Mills Foundation for Seniors).

Community and corporate volunteers are also critical to our operation. You can help us deliver meals – and smiles – to our growing client base. Please call (416) 225-0641.



For more information on our services and volunteer opportunities, contact us at:

T: (416) 225-6041

F: (416) 225-6473

info@mowam.ca

www.mealsonwheelsandmore.ca

Office Hours:

Monday to Thursday

8:30 a.m. – 4:30 p.m.

Friday, 8:30 a.m. – 2:00 p.m.

80 Sheppard Avenue West

Toronto, Ontario M2N 1M2

Charitable Registration # 10702 9720 RR0001
(Don Mills Foundation for Seniors)

Meals on Wheels and More is operated
by Don Mills Foundation for Seniors
and funded by the Central LHIN.



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Delivering smiles one client at a time.

**MEALS
TRANSPORTATION
COUNSELLING & ASSISTANCE**





Delicious, nutritious, economical meals delivered to your door...

Hot meals can be delivered to your home seven days a week. All meals include soup, entrée and dessert. Chinese meals and vegetarian options are available. Special diets can be accommodated.

Frozen meals are delivered every week. We offer an extensive choice of soups, entrées (some vegetarian and Chinese-style), desserts, and breakfast snacks. Some special diet, minced and pureed entrées are available, as well as thickened puree soups and pureed desserts.

Boxes of **fresh fruit and vegetables** may be ordered for delivery every second week through our "Field to Table" program.



...and more!

We're not just about meals. Clients of Meals on Wheels and More can benefit from a full range of programs and services:

Transportation

Meals on Wheels and More clients are offered access to a daily transportation service to medical appointments, social events, and shopping at a very affordable cost.

Counselling and Assistance

Our social worker offers practical support for clients (and their families) who need assistance maintaining their independence in the community.

We provide information, coordinate community services and offer crisis intervention where needed.

Caregiver support groups are held monthly in conjunction with North York Seniors Centre.

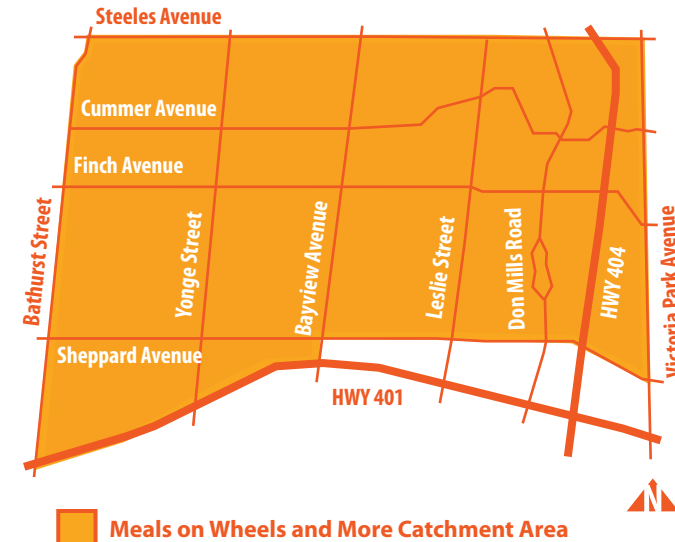
There is no fee for this service.



Are you eligible?

Meals on Wheels and More provides service to:

- Disabled adults, and frail and isolated older adults who are unable to prepare a major meal of the day.
- **Eligible residents** who live in our catchment area:



If you need service outside this area, we will be pleased to direct you to the appropriate agency.