



Top 9 reasons to donate to Meals on Wheels and More!

1. It's easy to do.
2. It's the right thing to do. You'll feel great about making this gift.
3. For over 40 years, Meals on Wheels and More has been providing high quality, critical services to frail seniors and adults with disabilities in North York. We are trusted and respected in our community.
4. Meals on Wheels and More promotes healthy aging through nutritious meals, Practical Support and Assistance, and Coordination with Community Services. Older adults with this help are often able to stay at home longer, saving health care costs and reducing long-term care needs.
5. We receive funding from the Central LHIN, but it only covers a portion of the cost to deliver services. The remaining funding comes from user fees, grants, and gifts from generous people like you.
6. North York has one of the highest percentages of seniors in Toronto. Meals on Wheels and More delivers 32,000 hot and frozen meals to over 350 seniors every year.
7. Most of our clients are on fixed incomes. Many vulnerable adults worry about how to balance their budgets so that they can purchase food and fill medical prescriptions. With donations, we are able to remove this stress with subsidized meals.
8. With only six staff and the support of volunteers, your donation goes where it's needed most - to vulnerable adults in our community.
9. Meals on Wheels and More has combined forces with other like-minded, reputable organizations to make the most of available resources and finding efficiencies in service delivery.

Thank you!