

It's time we cook for you!

VON MEALS ON WHEELS

VON Meals on Wheels delivers fresh, nutritious meals right to your door. MOW provides more than just food, our volunteers offer a caring connection to those when it's needed most.

Who benefits from using VON's Meals on Wheels program?

- those recovering from an illness
- people with disabilities
- respite or caregivers
- those receiving cancer treatments
- seniors

Whatever your reason for service may be, MOW is here to serve YOU with a hot meal and a warm smile.



MEALS include

- Soup, bread, entrée & dessert (*a protein, vegetable & starch*);
- Chopped, minced, pureed & vegetarian requests are accommodated.



COST **\$6.75**

Veterans can receive subsidization through Veterans Affairs.

DELIVERY



- Meals are delivered Monday through Friday between 11 a.m. and 1 p.m.
- Frozen meals are available for weekends and holidays.

Fresh, nutritious meals... delivered right to your door!

Call us today at 519.254.4866 ext. 1
www.voneriestclair.ca

