

## OFFICE HOURS:\*

Monday to Friday, 8:30 am - 4:30 pm

Call office for Summer Hours

\*holidays listed online

\*\*answering machine available after hours

## REGISTER FOR MEALS ON WHEELS:

Call 519-660-1430  
or visit [www.mowl.ca](http://www.mowl.ca)

When registering, make sure you have the following information ready:

Full Address + phone number

Two emergency contacts

Client date of birth

Information on diet & mobility

Billing Address or e-mail

## PAYMENT METHOD:

Clients are billed monthly

Automatic Withdrawal available

Payments can be made online or over the phone

Call the office for options regarding financial assistance/eligibility for subsidized rates

## ABOUT MOWL:

At Meals on Wheels London our goal is to build independence for all of our clients. We offer hot and frozen meal programs and a door-to-door transportation service.

## VISION:

A community where more people are able to live independently in their own homes, thanks to partnerships with Meals on Wheels London.

## MISSION STATEMENT:

Meals on Wheels London partners with volunteers to promote wellness, health, and independence through transportation and nutritious meal services, benefiting our community.



356 Queens Ave

London, Ontario N6B 1X6



@MOWLONDON



MealsOnWheelsLondon



mowlondon



Ontario

South West Local Health  
Integration Network



United Way  
Elgin Middlesex

2019



MEAL  
&  
TRANSPORTATION  
SERVICES WITHIN  
LONDON



MEALS on WHEELS  
LONDON

TOGETHER, WE CAN DELIVER.

### ELIGIBILITY:

Meals on Wheels London provides services to adults (55+) and adults with disabilities (18+) in need of short or long-term nutritional or transportation support.



### FRESH: DAILY DELIVERY

- Provides check-in and social contact with volunteers
- Delivered Mon- Fri 11am -1:30pm
- Meals are delivered hot or chilled
- Weekend meals delivered chilled on Friday
- Recyclable containers used in microwave or oven
- Diets: Regular, gentle, no added salt diabetic; or minced available
- Monthly calendar of daily meals
- Initial service: minimum five meals

### FROZEN: WEEKLY DELIVERY

- Order Monday, Delivery Thursday
- Order 7 at a time from a menu with over 70 options
- Recyclable containers heated in microwave or oven
- Diet: diabetic, gluten-free, lactose-free, vegetarian and renal diets. Minced and pureed also available.
- Initial service: minimum seven meals



Product	Price	Subsidized Price	Subsidized Price
		Income \$14,000-22,000	Income < \$14,000
Fresh Daily Meal (Hot or Chilled)	\$8.15	\$5.25	\$4.15
Breakfast Bag Meal Addition	\$2.25	\$1.00	\$1.00
Frozen Entrées (Package of 7)	\$40.70	\$33.00	\$28.00
Frozen Soups/Desserts (Packages of 7)	\$15.60	\$14.00	\$12.50
Food Box (Based on eligibility)	Free	Free	Free
Wheels for Wellness (Round Trip)	\$22	\$18	\$15
Lunch Bunch Drives (*Does not include cost of meal)	\$12	\$12	\$12

### WHEELS FOR WELLNESS\*

- Door-to-door round trip transportation to wellness-related appointments
- Must book a week in advance
- Appointments up to three hours

\*Not wheelchair accessible

### LUNCH BUNCH\*\*

- Get a ride to enjoy lunch with other Wheels for Wellness clients
- Fee for transportation, lunch at clients' expense

\*\*For clients registered in transportation