

Delivered Right to Your Door

All of our meals are delivered directly to your door by screened and trained volunteers from your community. In addition to the meal delivery, they provide a personal contact, a safety check and a friendly daily visitor.

"Volunteers have been a great benefit for delivering meals on time and being friendly to me. I am almost 92 years old and still living in my own home. I could not live here without this help."

- MOW client



"I am always happy to meet the volunteers. They always greet you with a smile, are punctual and polite. They make my day!"

- MOW client



We are grateful for the support from the Champlain Local Health Integration Network (CLHIN) and the City of Ottawa.



Ontario
Local Health Integration
Network



Phone: 613-233-2424
Fax: 613-232-3029

Meals on Wheels / La Popote roulante
670 rue Albert St.

Ottawa, ON K1R 6L2

www.mealsonwheels-ottawa.org

Email: service@mealsonwheels-ottawa.org

Ce dépliant est également disponible en français



Meal Delivery Services

MEALS ON
WHEELS



LA POPOTE
ROULANTE
OTTAWA

Meals on Wheels / La Popote roulante

More than just a meal!
Plus qu'un simple repas!

The Meals on Wheels Program

Meals on Wheels (Ottawa) is a bilingual volunteer-based not-for-profit community support service that delivers nutritious hot and frozen meals to seniors and adults with disabilities to assist them in maintaining their health and independence at home.

Through our fundraising efforts our goal is to keep the cost of meals as low as possible. Invoices are sent to clients monthly for meals received in the previous month. Payments can be made by credit card, by cheque, or by setting up pre-authorized payments with a bank account or credit card. Cash payments may be made at our office.



"Thank you for making it possible for me to enjoy delicious meals. You make this issue of healthy eating so much easier."
- MOW client

Hot Meal Delivery

The hot meal program features a variety of meals which consist of a main dish, a soup, a fruit or salad, and a dessert.

Our kitchens' menus are on a rotating schedule with plenty of variety - like going for lunch at a friend's home.

Our meals are always reduced in salt, and you can choose between a regular or diabetic friendly dessert. Some dietary restrictions and allergies can be accommodated, please call for more information.

The hot meal is delivered to your door during the lunch hour between 11 am and 1:00 pm Monday through Saturday.



"The meals are so good, I really look forward to them". - MOW client



For more information or to make a donation go to:
www.mealsonwheels-ottawa.org
or call 613-233-2424.

Canadian Registered Charity "The King's Daughters Dinner Wagon" BN/Registration # 11898 1778 RR0001

Frozen Meals Delivery

Our frozen meal program allows you to choose your meals in advance from an extensive menu. We offer nearly 200 choices of entrées, soups, desserts, and breakfast snacks with juice. Special diet options such as gluten free or texture modified meals are always available.

Frozen meals are delivered on Fridays between 9 am and 11 am east of the Rideau Canal, and on Tuesdays between 12 pm and 2 pm west of the Rideau Canal. An order can be placed every week, or only as often as needed, no subscription commitment required.



Selections from the frozen menus, clockwise from top: Cream of broccoli soup, TimeSaver curry chicken, Apetito tourtiere, Apetito chicken florentine, Apetito fish and chips, butternut squash soup.