



About Us

Meal Delivery Program - We specialize in providing nourishing meals made fresh daily to clients who sign up for our daily meal service, available from Monday to Friday. We also provide frozen meals for weekends and holidays. Please note we try to meet special dietary needs of our clients whenever possible.

Food & Friends Program - Social luncheons for 55+ in locations throughout Langley. Program promotes nutritious meals along with socialization and active involvement in the community. Food, Fun & Friends.

Boutique Finds - Our upscale ladies thrift store is a treat to search for unique finds. Located at 20410 Douglas Crescent, next to our office location.

Volunteer Program - We are always looking for community minded individuals to join our team!

Together we can do more than we can do alone, join us!

Meals on Wheels

What Do We Offer?

Convenience

Meals are delivered ready to eat

Quality & Variety

Meals are prepared under direction of a professional chef and menu is served on a 4 week seasonal rotation

Value

Nutritious, well balanced low-cost meals

Social Interaction

Volunteers provide social contact along with caring safety check

Independence

Help to stay home longer

Community Partners



20414 Douglas Crescent
Langley, BC V3A 4B6
604 533 1679
www.lmow.ca info@lmow.ca

Food and Friends

Caring
for our
Community



Together we deliver



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Food and Friends



Seniors (55+) are invited to enjoy a social luncheon that includes guest speakers, good food and great company.

- Time 11:30AM – 1:00PM
- Price varies per location

Aldergrove - Fox & Hounds Pub

26444 32nd Avenue, Aldergrove
1st & 3rd Monday of the month
RSVP (604) 857-7725
Fox & Hound website
www.foxandhound.ca

Aldergrove - Otter Co-Op

3600 248 Street, Aldergrove
2nd Monday of the month
RSVP (604) 607-6923
Otter Co-Op website
www.ottercoop.com

Brookwood - Seniors Centre

19899 36 Avenue, Langley
1st & 3rd Thursday of the month
RSVP (604) 590-3888
Brookwood Seniors website:
www.brookwood.ca

Fort Langley - Parish of St. George

9160 Church Street, Fort Langley
2nd & 4th Wednesdays of the month
RSVP (604) 888-7782
Parish of St. George Church website:
www.stgeorgeanglican.ca

*Various locations
throughout Langley, visit
one or try them all!*

Langley City - Flourishing Chinese Restaurant

20472 Fraser Highway, Langley
2nd & 4th Wednesday of the month
RSVP (604) 514-2940

Meals on Wheels



Meals delivered between 11:30 am to 1:00 pm
Monday to Friday. Hot or Frozen meals available.

Home Delivery Meals

- Hot, home style meals are made daily with fresh, local ingredients
- menus have been reviewed by a Registered Dietician and each meal contains up to 75% of daily nutrition requirements. Our meals are low in sodium, sugar and fat, which is acceptable for most dietary restrictions.



Together We Deliver

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