



## 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!**

## 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



THE GATEWAY  
OF HOPE



20414 Douglas Crescent  
Langley, BC V3A 4B6  
604 533 1679  
[www.lmow.ca](http://www.lmow.ca) [info@lmow.ca](mailto:info@lmow.ca)

## Home from the Hospital

Caring  
*for our*  
Community



*Together we deliver*

## Home from the Hospital



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## Home from the Hospital



Referring an **at-risk** patient to our program ensures 5 days of free meal delivery, along with the watchful eye of our caring volunteers.

Referrals - accepted from Langley hospital and family physicians

### Call Meals on Wheels

Provide patient's name, address, birthdate and discharge date  
Contact number

Provide patient's contact number and emergency contact name and number

***It's that easy!***

***Phone 604 533 1679***

## Who is eligible?

Our Going Home Program supports Langley patients in need who are:

- leaving hospital from a medical or surgical unit
- Young mom's post delivery
- Langley senior or younger adult with an age-related diagnosis
- medically fragile referred by the LINC team or Emergency Department Discharge Nurses or hospital Social Worker.

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*"When I got home from surgery I was lost with very little mobility. I reached out to you and not only did you help get things started for me quickly, but you subsidized my meals... As a single mum off work, you saved me!" – A happy client.*

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Recovery requires fuel, and the fuel the body needs for healing is food.



Meals are delivered between 11:30 am to 1:00 pm Monday to Friday. You receive your meal depending on where you fall on the volunteer driver route sheets.

## Our 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.

