



## 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?

#### Value

Nutritious, well balanced, low-cost meals

#### Convenience

Meals are delivered ready to eat

#### Quality & Variety

Meals are prepared under the direction of a professional chef. Menu is served with a 4 week seasonal rotation

#### Social Interaction

Volunteers provide social contact with delivery, along with caring safety check-in

#### Independence

Meal delivery helps to stay in own home longer

### Community Partners



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 Meal Delivery

Caring  
*for our*  
Community



*Together we deliver*



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More than just a meal, wholesome and affordable meals served with a smile!

### Home Meal Delivery

Meals on Wheels home delivery meals include a nutritious balance of protein, starch, vegetable, soup & dessert, are low in sodium, sugar and fat, acceptable for most dietary restrictions.

Meals arrive hot and ready to eat in compostable, recyclable, microwavable & oven safe containers.

Menus reviewed by registered Dietician and meals contains up to 75% of daily nutrition requirements. Diet options: regular, or diabetic.



Together We Deliver

### Meal Delivery Options

**Meal plans with delivery** as little as once a week, up to 5 times a week

Enjoy a different meal 5 days a week, on a 4 week rotatio

**Delivery** Monday to Friday between 11:30 am and 1:30 pm

Meals for the **weekend** are delivered frozen on Fridays

**Options** – regular or diabetic, **texture modifications** – minced available

You will be **billed monthly** for all meals delivered. **No Delivery fees!**

*Financial Assistance may be available for those needing support, ask about our meal subsidy program*

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*“I like having my meals delivered because it saves me time, but also really appreciate seeing a friendly face”*

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If life has changed due to health concerns, surgery, a chronic illness, we can step in and provide comfort and meal assistance.

### Sign up for Meal Delivery

#### Why choose Meals on Wheels?

We have been serving fresh, wholesome meals delivered right to your door in Langley for over 30 years.

Our trained volunteers offer peace of mind with a friendly check in with each delivery.

Choose a meal plan - we will confirm your personal needs and can start meal delivery right away straight to your door!

**Sign up Now!**

**Call Us:** (604) 533-1679

**Email Us:** [info@lmow.ca](mailto:info@lmow.ca)

**Visit Us:** 20414 Douglas Crescent

**Website:** [www.lmow.ca](http://www.lmow.ca)

Our caring volunteers provide friendly social interaction for those living alone. We help our clients feel safe knowing that a volunteer will check on their well-being on delivery days and we will respond quickly if an emergency arises.

We help people to retain independence in the comfort of their own homes.

Phone 604 533 1679