



### 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



THE GATEWAY OF HOPE  
Be much more than a homeless shelter



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

## Volunteer



*Together we deliver*



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### Volunteer Meal Delivery



Meals on Wheels clients are not charged for meal delivery. Volunteer drivers deliver meals along an assigned route, to their client list.

Delivery routes are available Monday through Friday, between 11:30 am and 1:00 pm.

After meals have been dropped off with clients, delivery bags are taken back to the Meals on Wheels office.



Together We Deliver

### Food & Friends Coordinators



Food and Friends are Meals on Wheels social luncheons where Seniors (55+) enjoy good food, great company and guest speakers. Lunches are scheduled regularly in various locations throughout Langley.

Each location has a Food & Friends Coordinator to organize and provide leadership for the group.

Want to help out in hosting or setting up one of these events? Join our volunteer program.

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*Reasons to volunteer*      *Make a difference - Make connections Build your skills - Build your resume - New experiences - Personal growth*

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Meals on Wheels Volunteer Hours 2017- 2018 = 11,529



### Boutique Finds Store Volunteers



Boutique Finds is Meals on Wheels 100% Volunteer run ladies thrift store. This is a well-organized, nicely staged ladies retail shop. Net proceeds support Meals on Wheels subsidy program.

Volunteer shifts are generally 3 hours with minimum 1 day a week commitment.

### Join our Volunteer team!

To find out more or complete our Volunteer Application:

Call Us: (604) 533-1679

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

Visit Us: 20414 Douglas Crescent

All volunteers are required to complete RCMP volunteer background check.

Volunteer hours last year if paid out at minimum wage \$145,842

Volunteer driver kilometers driven to deliver meals in a year - 38,559

Phone 604 533 1679