



## About Us

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

**Food & Friends Program** - Food, Fun & Friends. Join social luncheons for 55+ in locations throughout Langley. Nutritious meals along with speakers, socialization and active involvement in the community.

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

**Volunteer Program** - We are always looking for community minded individuals to join our teams of delivery drivers, Food & Friends and Boutique Finds volunteers.

Together We Deliver

## Meals on Wheels

### We Offer

#### Value

Nutritious, well balanced, low-cost meals

#### Convenience

Meals are delivered ready to eat, served in eco-friendly packaging

#### Quality & Variety

Meals are prepared under the direction of a professional chef.

Menu is prepared with a 4 week, seasonal rotation. *See full menu on website*

#### Social Interaction

Friendly volunteers provide social contact with delivery, along with our caring safety check-in

#### Independence

Meal delivery helps our clients manage to stay in their own home longer

Thank you to our Meal Partners



THE GATEWAY OF HOPE



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

## Home Meal Delivery



Caring  
for our  
Community



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Langley BC V3A 4B6  
604 533 1679

info@lmow.ca  
www.lmow.ca

## Meals on Wheels



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

### Meals on Wheels Home Delivery

Home delivery meals include a nutritious balance of protein, starch, vegetable, soup / dessert. They 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 contains up to 75% of daily nutritional requirements. options: regular or diabetic  
see the current menu: [www.lmow.ca](http://www.lmow.ca)

Together We Deliver

## Meal Delivery

**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 rotation



**Delivery** Monday to Friday between 11:30 am and 1:30 pm  
Meals for the **weekend** are delivered frozen on Fridays



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

**Options** – regular or diabetic, minced texture 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.***

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

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*Our trained volunteers offer peace of mind, with a friendly check in along with each delivery*

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## Why choose Meals on Wheels?

We have been serving fresh, wholesome meals, delivered right to your door in Langley for over **40 years.**

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

### Sign up for Meal Delivery

#### Sign up Now!

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

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

**Visit Us:** 20414 Douglas Cres

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

view the current **menu:** [www.lmow.ca](http://www.lmow.ca)

No delivery fees, no hassle,  
just a friendly smile!

Phone 604 533 1679