

WHO WE ARE

Langley Meals on Wheels is a non-profit, charitable society that supplies affordable, preventative, therapeutic and social meal programs to residents in the City and Township of Langley.

HOW CAN YOU HELP?

Donations are essential to our society. Every donation, no matter the size, will help our programs.

Volunteer your time to our mobile or social meal program.

Please contact us for more information:

P: 604 533 1679 or
info@lmow.ca

Proudly serving Langley for over 30 years!



Langley Meals on Wheels

Programs:

MEAL DELIVERY:

Fresh healthy meals delivered to your door!
No delivery fee, no hassle,
Just a friendly smile!

THRIFT STORE:

Boutique Finds – Dress for Less
All proceeds go towards supporting individuals in need of subsidized meals.



Food & Friends is a Division of:

LANGLEY MEALS ON
WHEELS

T: (604) 533-1679
E: info@lmow.ca
W: www.lmow.ca

FOOD & FRIENDS



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

Cost: \$5.00- \$7.00

Time: 11:30am - 1:00pm



Aldergrove

Fox & Hounds Pub Restaurant:

Cost: \$7.00 

1st & 3rd Monday of the month
26444 32nd Avenue, Aldergrove
RSVP: (604) 533-1679

Otter Co-Op:

Cost: \$6.00 

2nd Monday the month
3600 248 Street, Aldergrove
RSVP: (604) 607-6923

Brookswood

Brookswood Seniors Centre:

Cost: \$5.00

Food provided by: Cedarbook Bakery~Deli~Bistro

1st & 3rd Thursday of the month
19899 36th Avenue, Langley
RSVP: 604) 825-1899

Fort Langley

The Parish of St. George Church:

Cost: \$5.00

*Food provided by: Walnut Grove IGA and Fort Pub
& Grill*

2nd & 4th Wednesday of the month
9160 Church Street, Fort Langley
RSVP: (604) 888-7782

Langley City

Flourishing Chinese Restaurant:

Cost: \$6.00 

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

Walnut Grove

Walnut Grove Community Centre:

Cost: \$6.00 

2nd & 4th Thursday of the month
8889 Walnut Grove Drive, Langley
RSVP: (604) 590-3888