



If shopping for food and preparing meals is a struggle,
we can help.

We offer low-cost meal delivery for people of all ages.

Meals on Wheels delivers hot lunches, supper bags and frozen meals straight to your door. We partner with the Winnipeg Regional Health Authority (WRHA) and independent care facilities to serve nutritious meals. Our dedicated volunteers deliver direct to homes and apartments across Winnipeg.

Meals on Wheels is more than a meal – it is a way for hundreds of Winnipeggers to continue living independently and with dignity. Delivering nutritious food is the heart of our service, but for many of our clients, the daily contact with a volunteer is what they cherish most. Family members also feel confident knowing someone is checking in regularly on their loved one.

Special Diets

All menus are planned under the supervision of a Registered Dietitian. Standard meals are low sodium and fat, and we can accommodate many special diets, including gluten free, diabetic and other dietary needs. Allergies and intolerances may be accommodated. There is also an option for special textures such as soft, minced or pureed. Ask us for more information.

Eligibility

Meals on Wheels offers service to anyone who cannot prepare a meal for themselves. If you are a senior, have mental health concerns, are recovering from surgery/illness or living with a disability, you are eligible to use our service. Age is not a factor, and you are welcome to participate for as long as you need our service. You do not need to be referred by a doctor. Enroll in the program yourself or ask a friend or family member to call on your behalf.

Requirements

In order to participate, there is a \$25 non-refundable registration fee, and new clients must sign up for 10 prepaid meals. There is a minimum order of two meals per week. Prepayment is not required for the 10 meals if you sign up with pre-authorized debit payment, as the meals will be debited automatically. Once the 10 meals have been delivered, you can contact us at any time to opt out of the program with 2 business days notice.



Payment

Statements are mailed at the beginning of each month for meals delivered during the previous month. Payment can be made by cash, cheque, money order or pre- authorized debit. New clients can also use VISA and Mastercard to pay for the initial set-up.

Meal Delivery

Our team of dedicated volunteer drivers and servers deliver meals between 11 a.m. and 1 p.m. On weekdays (including holidays), they travel across the city. On weekends, they deliver to select areas only. Unfortunately, we are unable to guarantee specific delivery times, and poor weather or driving conditions may occasionally delay meals.

Meal Prices

***Standard Hot Meal \$7.25**

Consists of an entrée (including protein, starch & vegetable) soup, milk or juice and dessert

***Supper Bag \$4.50**

Includes a sandwich, fruit or salad and dessert, as well as either milk or juice.

**Meal contents will vary depending on the facility*

Frozen Meals \$25.00 (5 pack)

Includes only the entrée in a pack of 5 delivered weekly. Entrees can be selected from the frozen meal menu at <https://www.mealswinnipeg.com/get-meals/meal-types-costs/>

We are always looking for new volunteers. Call our office or visit our website to learn more.

174 Hargrave Street
Winnipeg MB R3C 3N2
(204) 956-7711
www.mealswinnipeg.com

Open Monday to Thursday
8:30 a.m. - 4:00 p.m. and
Friday 8:30 a.m. - 3:00 p.m.

On all major holidays, our office is closed
but meals are still delivered.



Feeding Independent Living™