

**The Dartmouth Seniors Service Centre's  
volunteers has been delivering Meals on  
Wheels Since the 1970's!**

**We are always looking  
for VOLUNTEERS!!!  
Call 902-465-5578 ext.  
216  
if you want to help us  
to help others !**



# **The Dartmouth Seniors Service Centre's**



## **PROGRAM**

**45 OCHTERLONEY STREET,  
(DOWNTOWN) DARTMOUTH, N.S.**

**MOW Coordinator: 902-465-5578 EXT. 216**

**[j.garrison@dartmouthseniors.ca](mailto:j.garrison@dartmouthseniors.ca)**

**[www.dartmouthseniors.ca](http://www.dartmouthseniors.ca)**

**WHO IS ELIGIBLE?** Any person with a fixed address which falls within our current Delivery Boundaries and who is able to pay on a monthly basis is eligible! Meals on Wheels helps those who are elderly, injured or just inclined to use our service ☺

**WHO DELIVERS?** The Centre's Meals on Wheels program is offered through the commitment of volunteers. Many of our volunteer drivers/runners have been with us for many years and get to know their customers well. All Meals on Wheels volunteers MUST have a criminal record check and are fully insured.

**WHAT DO WE DELIVER?** We offer 5 different meal choices/week except for holiday weeks. Our delicious low-sodium meals consist of a main course and dessert. Our meals include a meat or fish, potato, pasta or rice and vegetables. We also include a dessert OR a side soup with each meal. They are delivered in microwave-safe plastic film sealed containers.

**HOT MEALS** are made and delivered hot on **MONDAYS, WEDNESDAYS and FRIDAYS.**

**COLD MEALS** are made on **TUESDAYS and THURSDAYS** and are refrigerated overnight. They are then delivered cold the day AFTER they are made. TUESDAY's meal is delivered on WEDNESDAY. THURSDAY's meal is delivered on FRIDAY

*NOTE: WE do not MAKE FOOD item SUBSTITUTIONS FOR our MEALS.... however, you can choose to receive a cup of soup instead of dessert.*

**CLIENTS SELECT AND PAY FOR MEALS ON A MONTHLY BASIS by cash, cheque payable to the Dartmouth Seniors Service Centre, credit card, or by e-transfer to [executivedirector@dartmouthseniors.ca](mailto:executivedirector@dartmouthseniors.ca)**

If you would like to try our meals before committing to Meals on Wheels, they are served daily at the DSSC ☺

**WHEN DO WE DELIVER?** Volunteers meals on wheels three days a week, MONDAY, WEDNESDAY and FRIDAY between 11:15am and 1:00pm.

**MEALS ON WHEELS DELIVERY WILL ONLY BE CANCELLED IF THE METRO TRANSIT BUS SERVICE IS CANCELLED.** An attempt to contact all clients by telephone will be made by the DSSC MOW Coordinator or Volunteers as quickly as possible. In addition, we will contact the following radio stations to announce the cancellation: FX 101.9 (Country Station), 105.9 (Seaside FM) , and 90.5 FM (CBC Radio 1). We will also post it on the DSSC Facebook page. If you miss a meal that you have paid for because of a cancellation, your account will be credited for missed meal(s)

**WHERE DO WE DELIVER?** CURRENT DELIVERY BOUNDARIES → Downtown Dartmouth, Shannon Park, Albro Lake up to and including Highfield Park, Mic Mac, Waverley, Port Wallace, Montebello, Woodlawn, Portland Hills, Russell Lake, Cole Harbour, Forest Hills, Westphal, Woodside, Shearwater, Eastern Passage and Cow Bay.

**HOW MUCH DOES IT COST?** Meals are \$8.00 each PLUS a first-time sign up fee of \$10.00. Billing is done at the beginning of each month. If you are a Veteran, you may be eligible under the VIP program of the Department of Veterans Affairs. Call 1-866-522-2122 for more info.

#### **HOW DO I SIGN UP?**

Call the MOW Coordinator, Jan Garrison, Monday to Friday from 8:30am to 4:30pm at: **902-465-5578 ext. 216** or email

[mealsonwheels@dartmouthseniors.ca](mailto:mealsonwheels@dartmouthseniors.ca) or visit our website to view the current menu and to read about the DSSC's Meals On Wheels at [www.dartmouthseniors.ca](http://www.dartmouthseniors.ca)

**ORDERING MEALS?** Meals are ordered off our monthly menu. We require at least one week's notice in order to guarantee delivery. You can order as many or as few of the meals that you need as long as we receive your order on time ☺