

## WHO IS ELIGIBLE?

Any person with a fixed address which falls within our current delivery boundaries and who can pay on a monthly basis is eligible. Meals on Wheels can be of help to those who are elderly, injured or simply require assistance meeting their food needs.

## WHO DELIVERS?

Our Meals on Wheels program is offered through the commitment of volunteers, many of whom have been with us for many years and get to know their customers well. Meal delivery also functions as a simple wellness/safety check for isolated persons. Our volunteers have had a criminal record check and are fully insured.

## WHAT DO WE DELIVER?

### Meals

We offer 5 different meal choices per week. Our delicious low-sodium meals consist of an entree with dessert and soup. The meal includes meat or fish, potato, pasta or rice and vegetables. Fresh meals are delivered hot or chilled depending on your menu choice. They are delivered in microwave-safe, compostable or recyclable plastic film sealed containers. You may order as many meals as you require or as few as one per week (4 meals/month minimum). NOTE: We cannot make any food substitutions.

### Baked Goods

Twice a month we offer delivery of house-made baked goods.

## WHEN DO WE DELIVER?

MONDAY WEDNESDAY FRIDAY

Between 11am and 1pm

The volunteer will make contact either by buzzer or knocking.

We ask that you provide an insulated on your doorknob or a cooler where the volunteer can place your meal. If the volunteer does not make contact they will leave the meal if it is safe to do so.

## WHERE DO WE DELIVER?

Albro Lake

Cherry Brook

Portland Hills

Downtown Dartmouth

Eastern Passage

East Preston

Forest Hills

Waverley

Lawrencetown

MicMac

Montebello

Cole Harbour

Lake Loon

Russell Lake

Shannon Park

Shearwater

Highfield Park

Port Wallace

Woodlawn

Woodside

## HOW DO I ORDER?

Our monthly menu is our order form. Clients make their meal selections monthly. You may submit your order through the delivery volunteer, by email or by phone. In order to guarantee your meal choices we require at least two weeks advance ordering.

## WHAT IS THE COST?

Entree with dessert and soup - \$11.00

Initial account set-up fee - \$10.00

## HOW DO I PAY?

Payment is due within 10 business days of receiving your invoice.

Cheque - made payable to Dartmouth Seniors Service Centre

Credit Card - we can keep your credit card on file

E-transfer - to [director@dartmouthseniors.ca](mailto:director@dartmouthseniors.ca)

Cash - must be paid to cash office not to driver

If you are a Veteran, you may be eligible for assistance with your meal costs under the VIP program of the Department of Veterans Affairs. Call 1-866-522-2122 for more information.

## HOW DO I SIGN UP?

Contact us: 902-465-5578 ext. 216

or

[mow@dartmouthseniors.ca](mailto:mow@dartmouthseniors.ca)

## STORM DAY CANCELLATION

While rare, sometimes weather conditions necessitate cancellation of delivery. An attempt will be made to inform clients in a timely manner.

## FOOD SAFETY

- 1) Provide a cooler with an icepack so we can place your meal inside if you are not going to answer your door.
- 2) Meal should be consumed within 2 hours of delivery or placed in the fridge or freezer.
- 3) Meal must be thawed in your fridge, not the counter.
- 4) Re-heat your meals in a microwave or in the oven. Remove plastic wrap first.

## DISPOSING OF MEAL CONTAINERS

### Meal Trays

Rinsed: recycle with your paper recycling

Unrinsed: put in your compost bin

Volunteers generously offer their time and energy ensuring the continued operation of Meals on Wheels.

If you are interested in lending a hand give us a call!

902-465-5578 ext. 216

mow @ dartmouthseniors.ca



With a friendly hello our  
volunteers deliver nutritious  
fresh meals right to your door!

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45 Ochterloney St  
Dartmouth, NS

mow@dartmouthseniors.ca  
www.dartmouthseniors.ca