

Meals on Wheels: Delivering More Than Just a Meal

As our parents age, (gulp, or even as we age), maintaining independence and staying connected to the community are vital for overall well-being. That's where Meals on Wheels steps in—offering much more than just a nutritious meal. For those who may struggle with cooking or meal planning, this program ensures a healthy, balanced meal delivered right to their door.

But it's not just about food. Each delivery comes with a friendly visit from a caring volunteer, providing a regular check-in and human connection that's often the highlight of the day. These visits offer a lifeline, especially for those living alone, ensuring peace of mind for families and caregivers.

Whether you or a loved one could use a helping hand, Meals on Wheels is here to support health, dignity, and independence.

Join the countless others who have discovered how a little help goes a long way in staying active and engaged in life.

Meals can be set up to be delivered up to 3 times a week. In Kelowna, we deliver Monday, Wednesday, and Friday and in West Kelowna and Rutland, we deliver Tuesday, Thursday, and Saturday.

Meals on Wheels is a not-for-profit organization that, with its tremendous community support, makes a difference everyday. We are proud of our volunteers, funders, partners, and staff. A big "Thank You!" to everyone involved. We look forward to continuing to help those who need this kind of support in 2025.

For more information or to find out how you can get involved, visit www.mow-online.com or call 250-763-2424.

Nutritious & Delicious Meals for Seniors, Veterans & Homebound Individuals!

Affordable Hot or Cold Meals and/or Frozen Dinners@Home Delivered to your home

Bringing nourishment, peace of mind and independence to individuals in Kelowna, Rutland, West Kelowna, Lake Country & Peachland since 1969

Be Happy, Healthy & Independent!



Give a Great Gift of Health!
Parents, Family Members
or Friends

To Order or Volunteer Call: 250-763-2424
or visit our website at: www.mow-online.com

**DONATIONS
GRATEFULLY ACCEPTED**

Registered Charity #883613119RR0001