



Meals on Wheels

In existence since 1967.

Rationale:

Developed **for those finding difficulty preparing meals** because of age, illness, disability or due to living alone.

Designed to **promote health** and **support independence**.



Impacts:

- *Meals on Wheels* has **supported people in the community** who have difficulty in meeting some of their basic and nutritional health needs.
- Provides 60-70 **nutritious, hot, home cooked meals per week**.
- Those living in isolation enjoy the social contact of the volunteer who delivers the meal.
- Seniors have commented on the importance of having a holiday meal and were especially pleased by tokens sometimes included with meals such as drawings by a local *Girl Guides* group.

Processes:

- Meals on Wheels volunteer drivers are essential for program operation, each being responsible for specific routes and clients.

- A typical meal consists of meat/fish and potatoes, two vegetables or a salad, a roll and dessert.
- **Need varies** and *Town House* has provided meals on a short term basis, such as to those recovering from a hospital stay, to persons requiring longer ongoing meal support.
- **Individual volunteers, as well as teams from various church groups** in the community, have helped to make dinners. Every aspect of the program involves volunteers from meal preparation, to delivery of meals to the client, to container and money collection. Volunteer contribution is approximately \$53,000 annually.
- Local businesses such as McFadgen's Bakery have assisted with the provision of bread products.
- Meals are limited to 40 on Wednesdays and Thursdays, with a cost of \$6.00 on these days.
- Meals are limited to a capacity of 5 on Fridays and cost \$5.00.



Strategic Innovations:

Citizens Service League Board of Directors has **approved a strategic plan** to guide their work over the next number of years.

Actions from the strategic plan that fall under the *Meals on Wheels* Program would be:

- ▶ Appeal to reliable volunteers to assist with driving and meal preparation.
- ▶ Consider an intergenerational program where a youth/young adult learns to cook with a senior citizen.
- ▶ Explore partnerships with hospitality or cooking programs to provide university/college students with experience while gaining quality meals.
- ▶ Examine the reasons why people use *Meals on Wheels* service by handing out an anonymous checklist with the meal to better understand need and expand funding possibilities.
- ▶ Continue to adequately advertise the program through current clients, hospital wards, medical social workers, home care workers, doctor offices, churches, etc.