

## Disposable dishes donated by Vegreville Lions Club.

### How do I get started?

To get your Meals on Wheels started please contact the FCSS office.

If you are interested and wish to try out a meal contact us and we can arrange this for you.

**780-632-3966**

Vegreville & District FCSS

Main Floor, 4829-50 St.  
Box 640  
Vegreville, AB T9C 1R7

**780-632-3966**

Drivers for Meals on Wheels  
are volunteers.

If you are interested in  
volunteering please contact the  
FCSS office.



## What is Meals on Wheels?

A full course hot meal delivered to your home by friendly volunteer drivers.



## Who can get Meals on Wheels?

Anyone, of any age, who faces difficulty purchasing or preparing meals either through illness, recent hospitalization, disability, poor facilities or poor nutrition.

Frozen meals are available for rural clients. These meals must be picked up from the hospital.

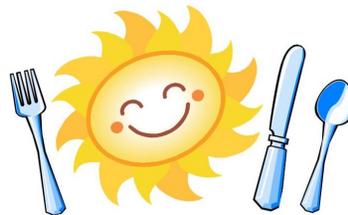
## When are the meals available?

Meals are delivered Monday to Friday, including statutory holidays, between 11:30 am and 12:00 noon. You may order a meal for every day or just on specified days. You may order 3 meals on Fridays for the weekend.

Frozen meals are also available. Frozen meals are not delivered. You can pick up a weeks' worth or more of frozen meals to be heated up on the day you want them.

## What is in a meal?

A four (4) course meal consisting of a hot main course, dessert, soup and salad.



Meals on Wheels

## Where do the meals come from?

Meals are prepared fresh at St. Joseph's General Hospital, and served in disposable dishes. Special diets such as **diabetic, low fat, low salt, or minced** are available. People with allergies and digestive problems can be given suitable foods.



## How much do the meals cost?

The cost per meal is \$7.00. The hospital will bill you at the end of each month for the meals you received during that month. Payments must be mailed to the Hospital.