

What is Meals on Wheels?

A service providing and delivering nutritious hot meals to individuals in their own homes at noon, up to 5 days a week (frozen for weekends).

Who can receive Meals on Wheels?

An individual or couple unable to prepare meals due to illness, disability, surgery, broken limbs, frailty or while adjusting to a special diet.

How do I receive Meals on Wheels?

The meals are delivered by volunteers to the individual's home, in disposable containers or meals can be picked up at the Lodge by the client.

What if I decide to go out at noon?

Clients can cancel a meal for a day by calling the FCSS office at 780-662-7067 by 4:00 pm the day before. Meals not cancelled will be charged for.

How much does it cost?

Each meal is provided at a cost of \$7.00.

How do I pay for the meals?

The FCSS office keeps track of all meals provided in a month. At the end of the month a statement is mailed to the client. Payments can be made at the Town of Tofield Office.

What if I require a special diet?

Meals for special dietary needs (allergies, diabetic) can be prepared.

How do I get started?

Call the FCSS office at 780-662-7067. A member of the staff will assist you in joining the Meals on Wheels program and will answer any questions and/or provide additional information.

- **Meals provided by Tofield Lodge**
- **Available fresh Monday to Friday**
- **Frozen meals**
 - **will be delivered on Fridays for the weekend if required.**
 - **a week's worth of meals can be delivered in rural areas.***(notice of 1 week is required for this service)*

- *hot, nutritious noon meals*
- *available 5 days/week for delivery to your home (in town)*
- *available 7 days/week for pick-up*
- *frozen meals can be arranged*
 - *for weekends*
 - *for rural customers (1 week notice is required)*

Tofield Meals on



Wheels

*Tofield/Ryley/Beaver
Family & Community Support Services
Box 1058, Tofield, Alberta
TOB 4J0
Tofield: 662-7067
Ryley: 663-2011*

Available through
Tofield/Ryley/Beaver
Family & Community Support
Services Phone: 780-662-7067
Ryley Phone: 780-663-2011

