

FAQ'S

Where are the meals prepared?

The meals are catered by **Spruceview Lodge**.

How much does it cost?

Each meal costs \$9.00 and are sold in lots of 10—total cost of \$90.00 (no tax).

Delivery is FREE

Meals are delivered during noon hour.

Meals can be delivered once or twice a week, on Tuesdays and/or Thursdays.



Cancellations must be made the day before by calling 780-706-0117

ALTERNATE OPTIONS

Below is a list of alternative options for prepared fresh or frozen meals.

Violet-Mae's Bakery
5107 50th Avenue
780-778-8814

North Country Market
107 3815 Caxton St
780-778-3099

IGA grocers
4802 51 Street
780-778-5900



ABOUT US



Whitecourt
Meals on Wheels

Meals on Wheels (MOW) is a program dedicated to supporting your healthy-living, comfort and independence.

We work with an amazing group of volunteers who prepare, package, and deliver nutritious, home-style meals to anyone who qualifies for temporary or long-term meal assistance.

Meals are prepared and delivered to our client's home **within Whitecourt** every Tuesday and/or Thursday. The option is yours!



For more information on this program, please email: courtney.koopmans@ahs.ca

WHO QUALIFIES?

Referrals are not necessary for seniors 60 years and older to enroll in the program. However, **ALL** applicants must meet the following criteria to qualify for the program.

Client Eligibility Criteria:

- Housebound and unable to shop
- Unable to cook for themselves due to physical limitation
- Temporarily disabled persons such as after an accident, injury or surgery.

Clients under the age of 60 will need a referral from a Doctor, Social Worker, Dietician, or Support Services.

Only those in need will be considered and this will be verified by the Program Coordinators.



STEP BY STEP GUIDE TO M.O.W.

Step 1: Fill out application and submit to Whitecourt Community Health via fax 780-706-7154, email courtney.koopmans@ahs.ca, or you can submit by dropping off during office hours (Monday – Friday; 9am-12pm & 1pm-4pm.).

Step 2: Wait for phone call from Community Health. They may have some questions regarding your application/referral and they will inform you on whether or not your application has been approved. Directions will be provided for payment.

Step 3: Our volunteer coordinators will then be in contact with you once payment has been received and provide you with a schedule based on your requested start date.

Step 4: The Spruceview Lodge prepares the requested meals.

Step 5: Our volunteers then deliver the meals to your home.

Note: Cancellations must be made the day before by calling **780-706-0117** or you may be subjected to a fee of \$9.00.

HOW TO SUBMIT YOUR APPLICATION



Please drop-off, email or fax applications to:

**Whitecourt Community Health
4707-50th Ave
Whitecourt, AB**

***Office hours:
9am-12pm & 1pm-4pm
Monday - Friday***

Fax: 780-706-7154

Email: courtney.koopmans@ahs.ca