

WE DELIVER SMILES



Meals on Wheels

We deliver smiles

Did you know that the Cloverdale Community Kitchen provides freshly prepared, ready to heat, nutritious, home-delivered meals to any senior living in the Cloverdale area who cannot adequately prepare *meals* for themselves?

The Meals on Wheels Program is to help seniors retain their independence in the comfort of their own homes. Whether you have recently come home from the hospital, have been diagnosed with an illness, or you find it difficult to cook for yourself due to physical limitations this program is for you.

Meals on Wheels - DELIVERY DATES -

Monday-Thursday
Between 5:00 and 5:30 pm

\$5 per meal

*vegetarian options available each day
For more information or to sign up,
Phone 778-617-3000 or
email mobilemeals@mycck.ca

**VOLUNTEER
WITH US!**

The Cloverdale Community Kitchen runs with the assistance of volunteers! We currently have over 300 active volunteers in our various programs. If you would like to get involved and give back to your local community, please phone us at 778-617-3000 or email lindsay@mycck.ca



5337 180 Street, Cloverdale
778-617-3000 | www.mycck.ca