

Meal Delivery

Meal delivery occurs on weekdays, Monday to Friday, except for statutory holidays. Meals for statutory holidays can be arranged. Meals are dropped off by volunteers between 10:45 am and 12:15 pm. If you plan to be away during delivery times, please call the office as soon as possible and alternate arrangements can be made.

Payment

Clients of LSCO Meals on Wheels are invoiced on a monthly basis on the first week of the following month. Payments can be made by cash or cheque, by mail or given to the MOW volunteer. Payments can also be done in person or over the phone with Visa or MasterCard.

Lethbridge Senior Citizens Organization (LSCO) is a multi-service agency focusing on services, supports and programs for Lethbridge residents aged 55 and over.

LSCO strives to develop our members' strengths and encourage their independence by offering a variety of support programs. These programs assist individuals to maintain their independence and increase their skills without putting their health at risk. Activities within the organization provide seniors with increased knowledge, an awareness of achievement and accomplishment, a higher sense of belonging coupled with a lower feeling of social isolation, a sense of being accepted by the community and a feeling of belonging.

For further information about LSCO programs or supports call 403-320-2222.

403-327-7990

**LSCO Meals on Wheels
500 - 11th Street South
Lethbridge, Alberta T1J 4G7**

E-mail: mow@lethseniors.com

[www.facebook.com/
mealsonwheelslethbridge](http://www.facebook.com/mealsonwheelslethbridge)

www.mealsonwheelslethbridge.ca



Client Information

LSCO Meals on Wheels is committed to providing individuals with a nutritious, affordable meal delivered right to their door 5 days a week with extra meals available for weekends.

Individuals, regardless of their age or income, needing help, short- term or long-term. . .

LSCO Meals on Wheels
is here for you.

403-327-7990



Sign Up

To Sign up for LSCO Meals on Wheels we will need:

- Your full address – including building/complex name
- Your phone number(s)
- Your email address if applicable
- Your most recent Notice of Assessment from your income tax (specifically line 236)
- Emergency contact person, including their full address, their phone number(s), and their email address (preferably a family member or person who is able to contact you if we are unable to)
- Your dietary restrictions including medical conditions/restrictions or allergies.

Meal Costs

Meal costs are based on line 236 of individual's Income tax or Notice of Assessment.

Under \$20,000	\$7.00 per meal
\$20,001 to \$26,000	\$8.00 per meal
\$26,001 and over	\$10.50 per meal

Individuals signing up for LSCO Meals on Wheels will be charged a minimum of 2 weeks of meals regardless of whether or not they continue with the service.

*Prices subject to change due to fluctuating food costs.

Client Meals

Each meal contains a starch (pasta, potato or rice), a meat (beef/chicken/pork or fish), a vegetable and a dessert. Diabetic clients are served a non-sweet dessert. Ground or minced food is an option. You can now add a sandwich to your daily meal for an additional \$3.00 or a salad for \$2.00.

Meals are packaged in biodegradable, disposable containers. Information on how to store and reheat meals will be sent on the first meal delivery day.

Accepting Service

When you accept service you agree:

- to pay for the meals on a monthly basis (payment made by cash, cheque, Visa or MasterCard)
- to accept at least 2 meals each week and remain on service for at least 2 weeks before discontinuing
- to give at least 2 working days notice to cancel a meal
- to provide a safe delivery environment for volunteers.

Accessing Service

Call 403-327-7990 and our staff will conduct an intake interview. We will need basic medical history, an emergency contact and a copy of your most recent CRA Notice of Assessment. A paper copy of the Assessment can be mailed, dropped off in person or sent with a volunteer on the first meal delivery day.

Qualifying for Service

You qualify for service when you:

- are unable to prepare meals for yourself, because of a disability, illness or injury
- are not able to access a grocery store or meals in local Senior Centres
- live in the City of Lethbridge.

Referrals

Anyone can refer a person to LSCO Meals on Wheels.

