

Every little bit counts

Although most of our services are provided by volunteers, there are unavoidable costs involved in getting the job done. We rely on the generosity of members of our community to help offset the expenses of our programs, and to keep our services affordable for our clients. We would greatly appreciate your support. If you would like to make a donation, you can do so by Visa, MasterCard, cash, cheque, e-transfer or via our online donation link through CanadaHelps.org where giving is made simple.



Planned Giving

You can include a provision for Meals on Wheels of Fredericton Inc. in your will or other revocable trusts like Life Insurance Policies.

A wide range of Planned Giving arrangements are welcome. Please speak with one of our staff.

Thank you for your support!

Meals on Wheels of Fredericton Inc. is supported by United Way Central N.B.



- Dine-out Seniors luncheon runs from September to May
- Every Tuesday from 11:00am - 12:45pm
- Local musical entertainment
- Transportation available for anyone requiring assistance

For information & registration, call the Meals on Wheels office at 458-9482.



Meals on Wheels of Fredericton Inc.

65 Brunswick St. Fredericton, NB E3B 1G5

Tel: (506) 458-9482 **Fax:** (506) 458-2606

E-mail: info@frederictonmealsonwheels.ca

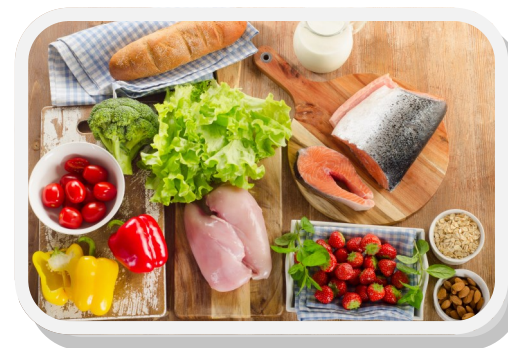
Website: www.frederictonmealsonwheels.ca



Find us on  



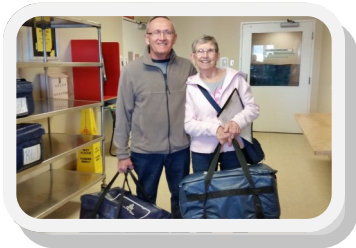
Meals on Wheels of Fredericton Inc. is a not-for-profit organization with a mandate to provide nutritious meals and social support to seniors, individuals with disabilities, and those recovering from illness, surgery or injury; to assist them in the enhancement of a healthy and independent lifestyle.



Established in 1967, the year 2017 marks 50 years of service in Fredericton!

Meals on Wheels

- Home delivery is available for seniors, individuals with disabilities and those recovering from illness, surgery or injury
- Meals are delivered 7 days/week, 365 days/year between 11:00am - 12:30pm
- Delivery available within city limits as well as New Maryland and Hanwell
- Each meal includes an appetizer (soup or salad), a main course (meat, fish or a casserole, potatoes and two vegetables), a roll, bread or biscuit and a dessert
- Menu selections repeat every three weeks
- Special diets accommodated; diabetic, low sodium, low cholesterol, low residue, gluten-free, other food intolerances or allergies
- No referral required, you can get started over the phone



Volunteer

Our volunteers are critical to our operations. Quite simply, without volunteer involvement, our organization could not function. Volunteering provides the means to be connected with your community, to expand your social and professional networks, develop new and existing skills all while giving back. Volunteers play an integral role in all levels of our organization including:

- Meals on Wheels delivery driver
- Wheels to Meals driver or kitchen helper
- Special events and fundraisers
- Office support
- Board of Directors



To become a volunteer delivery driver, we require you to have:

- A reliable vehicle
- A valid driver's license
- Proof of insurance
- A clean Criminal Record Check and Social Development Check (we provide forms for these requests)

Drivers record their mileage and receive a charitable income tax receipt



Call Meals on Wheels (506) 458-9482

Yes! I'll support Meals on Wheels of Fredericton Inc.

Your tax-deductible contribution will help keep meal costs affordable for those who depend on us and cover program costs. Donation amount \$_____

- Visa MasterCard Cheque e-transfer
 One-time donation
 Monthly donation
 Annual donation

Card #: _____ - _____ - _____ - _____

Expiry: __ / ____ Phone: _____

Name on Card _____

Signature _____

Address _____

City _____

Province _____ Postal Code _____

Send to:

Meals on Wheels of Fredericton Inc.
65 Brunswick St., Fredericton, N.B.
Canada E3B 1G5

**Tax receipts are issued for donations over \$10.00.
Please call to make e-transfer arrangements**



Thank you for your support!