



Meals on Wheels

4934 3898

For cancellations or changes

The Delivery

- Due to the many health issues relating to food handling and preparation, it is important that you are aware of how to manage your meals after they have been delivered to you.
- It is our policy for volunteers to take your meal into your home and place it into your refrigerator for you.
- For this reason it is important that you are home when we deliver your meal as we are NOT able to leave it if someone is not there to receive it.
- If you are not going to be home, you can arrange for a neighbour to accept the meal on your behalf but you will need to ring the office to tell us the day before.
- **OR**
- You can arrange for an additional meal to be delivered the day before.
- **OR**
- You can contact the office to cancel your delivery for that day.

- If you have a permanent day when you are not home, you can arrange for an extra meal to be delivered the day before on a permanent basis.

The Meal

- When you are ready to eat your meal, you can then remove it from the refrigerator and place it into the oven or microwave to heat.
- Meals **MUST NOT** be left at room temperature as they will spoil and could make you ill.
- If you decide **NOT** to eat your meal that day, place it into your freezer immediately and you can then heat it when you are ready to eat it.
- You can thaw your frozen meal by placing it into the refrigerator the night before you are going to use it.
- **NEVER** thaw food at room temperature.
- **NEVER** refreeze thawed foods.
- You may also choose from a larger range of pre packaged frozen meals which can be heated and eaten at your leisure.
- Someone will deliver your first meal and show you how to heat it.
- If you would like to change your meal likes and dislikes OR if you need to restrict some foods for medical reasons, contact the office.
- If the meal you receive is too large or too small, please contact the office to discuss.

The Heating

It is important that you follow heating instructions on the package. The best way to heat your meal is using a conventional oven

though a microwave can also be used.

IMPORTANT TO REMEMBER IF USING A MICROWAVE:

Do not remove the lid from the foil container before heating in a microwave.

Do not attempt to heat a container in the microwave if you have taken some of the contents out.

Food Packages

You can select from 3 different meal packages which include:

Package 1: Thick soup + main meal

Package 2: Main meal + dessert

Package 3: Main meal + juice + snack

Cost per package is \$6.00

You may change your package choice however we need at least one week's notice.

Please discuss costs with staff as some costs are negotiable.