

**REFERRAL  
PATHWAY**

# MEALS ON WHEELS

Lethbridge Senior Citizen's Organization (LSCO)



## IS THIS PROGRAM/SERVICE FOR ME?

This program/service are for individuals who are over the age of 60 (generally) and unable to prepare meals for themselves, access grocery stores or access meals at local senior centres, because of ability, illness or injury. Individuals must live within the city of Lethbridge.

You will need to provide your most recent Notice of Assessment (specifically line 15000).

## WHO DO I NEED TO TALK TO?

If you call, you will speak to the In Home Supports Program Assistant.

## WHAT I SHOULD KNOW ABOUT THE PROGRAM/SERVICE

This program/service occurs in-person. Individuals can self-refer to this program/service. Typically you are able to access the program/service within 2-3 days after a completed intake. Once kitchen coordination is complete and you have been added to the route, meals are dropped off between 10-11:30am Monday- Friday by screened LSCO volunteer drivers and couriers. Clients can choose their frequency between 2-5 meals per weeks as the program is designed to accommodate your needs and budget. Urgent circumstances are prioritized.

This program/service is available at a subsidized cost. See website for subsidy specifics.

Intakes can occur over the phone or in person.

## CONTACT INFORMATION

 403-327-7990

 500 11 St. S

 [mow@lethseniors.com](mailto:mow@lethseniors.com)

 <http://www.mealsonwheelslethbridge.ca/menu/>

 Monday-Friday, 8:00am-4:30pm

*Visit to find  
more information*

