

MEALS ON WHEELS

IS THIS FOR YOU?

I know someone who can't leave home to buy food and can't cook meals for themselves. How can I support them?

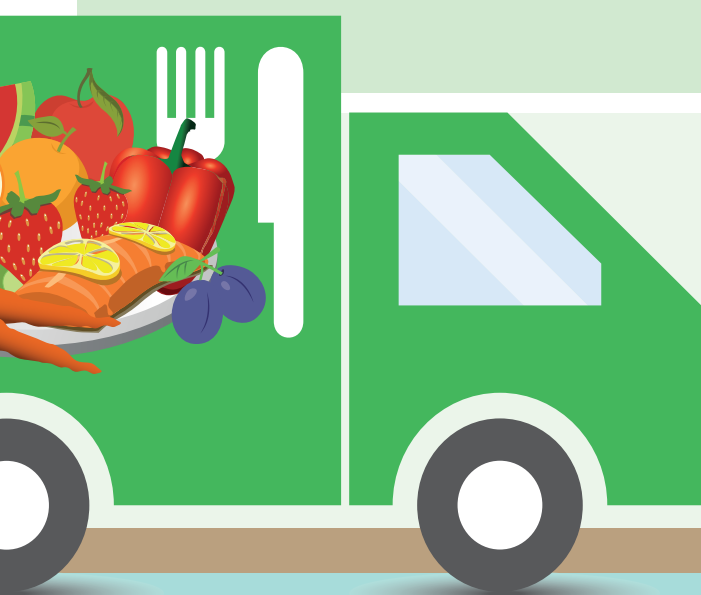
I would really like a tasty meal but I'm not able to leave the house to buy food or need support with cooking

Here's how the Meals on Wheels service can help you:

Provides a tasty meal that needs little or no preparation, saving the hassle of shopping, preparing, cooking and cleaning up.
A variety of meals to choose from and a variety of dietary needs catered for.

Meals you can count on - the service won't fail you as it delivers throughout the year, when you need it.

The meal delivery is an enjoyable visit - you'll see a familiar face, as meals are usually delivered by the same drivers.



Where can I find more information?

Call your GP or local Social Care and Social Services

Visit bit.ly/3CE3sJI
(Local Authority)

Visit bit.ly/3CFRNK4
(Adult Social Services)

Scan the QR codes:

GOV UK Meals on Wheels



NHS Adult Social Services



More about the research:
bit.ly/3UEI2FO

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