

Our volunteers

Our volunteers are the most important ingredients in our success. Each year, our trained and screened volunteers donate in excess of 70,000 hours of their time to work in the kitchen, deliver meals or help in our offices. They also devote countless hours providing valuable social interaction: visiting with clients, checking to see that clients are well, and delivering smiles and laughter.

What clients tell us



“Your soups are excellent. Well, all your food is good, but your soups are just like I make them – hearty with lots of ingredients.”



“Thank you so much for the meals! I couldn’t manage on my own. I have glaucoma and can’t see well. I also had a hip operation and am using a cane so I can’t stand for long periods. Your volunteers are very nice. There is always a smile and a friendly word with the meal.”



“The lunch club I ordered for our bridge club was so lovely. Your staff was charming and the food was wonderful. I had no idea you could do this for us.”



“Please pass on kudos to your chef from my Mom. She told me she has never eaten such delicious food. Each morning she is excited to pick out her evening meal from her freezer.”

Contact us

Interested in what Meals on Wheels has to offer? Call us for more information on menus, schedules and pricing. We also welcome inquiries from people who are interested in lending their time and talents as volunteers.

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We gratefully accept donations to help us continue our programs. Receipts are issued for all monetary donations.

Charitable registration # 11889 3940 RR0001



Feeding Body and Soul



Edmonton's Meals on Wheels – feeding body and soul

Meals on Wheels is a non-profit agency dedicated to supporting health, well-being and independence. We work with an enthusiastic team of volunteers to prepare, package, and deliver



nutritious, wholesome, home-style meals to anyone who requires temporary or long-term meal assistance. Established in 1969, Meals on Wheels prepares and cooks hundreds of meals each day that are delivered to clients throughout Edmonton.

Referrals are not necessary to enroll in the service. One phone call is all you need to start our programs.

We actively fundraise within the community to subsidize hot meal costs

for qualifying clients and to cover essential operating expenses and capital needs.

What we offer

Convenience – Meals are delivered directly to you, ready-to-eat or ready for the freezer. There's no shopping, cooking or clean-up.

Choice – Meal choices and delivery options are designed to meet your specific needs.

Quality – Meals are prepared in our own commercial kitchen using only high quality ingredients under the direction of professional chefs.

Variety – The menu ensures variety, with summer and winter menus to accommodate seasonal produce and tastes.

Social Interaction – Our volunteers do more than deliver meals; they provide important social contact, and well-being and safety checks.



Independence – With Meals on Wheels people can remain in their homes longer and enjoy more time with family and friends.

Safety – Meals are prepared following risk management standards, and we adhere to strict food safety and food handling practices.

Value – Save on the cost of food and the expense and difficulty of grocery shopping.

Our Meal Programs

Hot Meals – Meals are delivered fresh and hot to your door. You choose the package and delivery schedule that works for you. Dietary preferences are taken into consideration where possible and texture-modified foods are available.

Heat 'N Eat Frozen Meals – When you're on the go, Heat 'N Eat frozen meals let you enjoy a delicious, nutritious meal whenever it's best for you. Special diets are available. Just heat and serve! Heat 'N Eat frozen meals are also available at many Edmonton seniors centres. Live out of town? Enquire how our frozen meals may be available for you.

Group Lunches – Delicious, healthy meals, served home-style or individually packaged, are delivered wherever you like for your next get-together with friends or co-workers. Call for details and the menu.

The Reach Out Program – combines cooking classes and nutrition education workshops in your neighbourhood. For homebound clients, basic grocery items can be delivered right to your home. (Coming spring 2009)

