

MEALS ON 2 WHEELS



Meals on Wheels now has a Meals on 2 Wheels program. If you would like to help our clients maintain their health and independence at home by delivering a nutritious meal at lunch time on your bicycle please call Jill or Terry at 613-233-2424

Or email us at

jill@mealsonwheels-ottawa.org

We will provide a specially designed bike rack to hold the hot meals in an insulated bag as well as an insulated back pack for the fruit and dessert.

You can check out some great photos of this program and other Meals on Wheels events on our new Facebook Page

www.facebook.com/mealsonwheelottawa

For more information about Meals on Wheels please see our website

www.mealsonwheels-ottawa.org