

How can you help?

Please check the option(s) that interest you:

- I would like to become better acquainted with the work of True Davidson Meals On Wheels.
- I would like to become a volunteer (which requires only 2 hours a week).
- I am interested in serving on the Board of Directors.
- I would like to donate. My tax deductible contribution is (check one):
 - \$10 \$25 \$50 Other
 - My cheque is enclosed

Name _____

Address _____

Telephone _____

Email _____

Please make your cheque payable to:

**True Davidson Meals on Wheels
(East York) Inc.**



Thank you for your support!

Did you know?

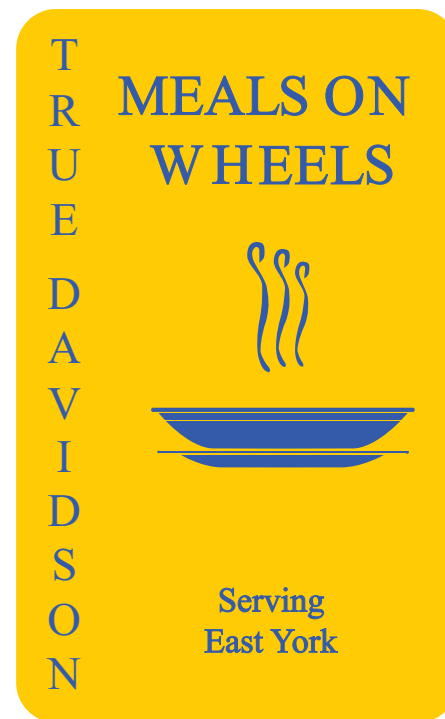
- About 300 clients are served and over 30,000 meals are delivered every year.
- Our volunteers contribute more than 7,000 hours a year to assist clients.
- Our agency proudly bears the name of True Davidson (1901-1978), a memorable long-time mayor of the Borough of East York.
- We work out of two locations: St. Columba and All Hallows Anglican Church & True Davidson Acres.
- Services are offered in various languages.

Where does our funding come from?

Our main financial support comes from the Ontario Ministry of Health, the City of Toronto and from user fees. We also rely on donations from caring individuals. Contributions are gratefully received in the form of money, in memoriam gifts and bequests.

As a non-profit organization, we provide tax receipts for donations. Our registered charitable number is 10814 2738 RR0001.

Help us continue to make a difference in the lives of those who need us. Send us your donation today!



True Davidson Meals on Wheels provides nutritious and balanced meals to East York seniors or individuals who are physically or mentally challenged.

416 752 9667
www.tdmow.ca

What is Meals on Wheels?

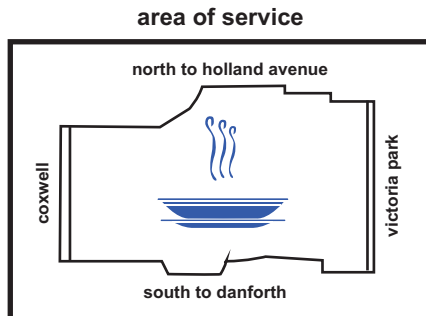
Meals on Wheels is a community support service that delivers hot and frozen nutritious meals to people unable to manage their own food preparation. The service is available on a long or short term basis.

Who is eligible?

- Seniors and individuals who are mentally or physically disabled
- Caregivers, in special cases
- New mothers, for up to six weeks

How are the meals delivered?

A team of two volunteers delivers the meals, by car, between 11 a.m. and 1 p.m., Sunday to Friday, including statutory holidays. Extra food can be delivered on Friday to cover the Saturday meal.



What are the meals like?

- Meals are prepared according to Canada's Food Guide, under the guidance of registered dietitians.
- Daily hot meals are based on a rotating cycle of four or six weeks.
- South Asian (Indian) and Chinese meals are readily available.
- Clients select their frozen food from an extensive menu.
- Frozen meals are delivered in packages of three or seven to suit client needs.
- All food containers are recyclable.



What are the benefits of our program?

We provide:

- Hot and frozen tasty, nutritious meals
- Affordable food. Subsidies are available in particularly needy cases.
- Dependable delivery
- Security checks
- Friendly service by our committed volunteers
- Information and referral services. Our office staff provides a link to other community social and health agencies.

Who can order?

We accept **direct requests** from qualifying residents living in the eastern part of East York in Toronto.

We also **welcome referrals** from:

- Families
- Friends
- Doctors
- Hospitals
- Social workers
- Community Care Access Centres
- Community agencies



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