



If you have any questions or would like further information, please call the local service shown in this brochure. Information is also available on our website: www.nswmealsonwheels.org.au

To be eligible clients need to meet the requirements as stipulated by the Home and Community Care (HACC) Program. Eligibility assessments can be carried out by the local Meals on Wheels service provider who will also be able to recommend other HACC services that may assist you to stay in your own home.



The gift of giving

Strengthening community

“ I volunteer for the pleasure of doing it, and I meet beautiful people everyday. The other day I met a lady who is 94 and still playing the piano. You get touched by so many people and you get the reward of a smile. ”

Martin West, Volunteer



Meals on Wheels
Bathurst

Office 4 Watt Drive
Bathurst NSW 2795
Open Hours 8.30am to 3pm
Phone 6331 8231
Email bxmow@bigpond.net.au

www.bxmow.com.au

Bathurst Meals on Wheels is supported by funding from the Australian Government under the Commonwealth HACC Program.

More than just a meal

Our Services

How can we help?



Meals on Wheels
Bathurst

Out and about

What we do

Meals on Wheels has had a place in the hearts and homes of Australians for more than 50 years. Helping frail older people and younger people with disabilities and their carers stay in their homes where most are happiest is at the heart of what we do.



Sample Menu

Mains

Apricot Chicken
Braised Steak and Onion Gravy
Chicken Schnitzel and Lemon Sauce
Honey Pork and Pineapple Casserole
Lancashire Hot Pot
Silverside with Parsley Sauce

Desserts

Bread and Butter Pudding
Caramel Custard Tart
Lemon Meringue Pie

Meals on Wheels delivers healthy meals to clients' homes to not only ensure their nutritional requirements are being met, but to provide regular social contact and a friendly check to see all is well. This enables people to continue to live in their own homes.

Meals on Wheels provides meals to suit a client's personal requirements and can accommodate special dietary needs.

Meal prices range from \$3.40 to \$6, with all efforts made to maintain affordability.

To find out if you, a relative or friend is eligible to use Meals on Wheels, please call your local service. A representative will discuss your needs and work with you to help maintain your independence. Recipients of the service need to be part of the Home and Community Care program, which the local service can advise on as well as other resources and services that may be of help. People can refer themselves, or be referred by a doctor, relative, friend or hospital.



“ When we retired, we wanted to use our spare time to give back into our local community. We're willing to take on anything that will improve the lives of those individuals who wish to live as long as possible in their own homes. ”

Sandra and John Davies, Volunteers

