



A CHOICE OF FUNDING OPTIONS

Those in need of Meals on Wheels services may be eligible for:

- Commonwealth Home Support Programme (CHSP) subsidy
- Home Care Package (HCP)
- National Disability Insurance Scheme (NDIS) plan
- Fee for service

Contact us for further details.



FLEXIBLE

Our service is flexible – choose a daily support option (Monday-Friday) or a short-term arrangement to cover situations, such as your caregiver going away.

How do I get started?

Contact your nearest Meals on Wheels Service and they can assist you with the process.

To find your nearest service visit qmow.org or call us **1300 90 97 90**.



Meals on Wheels

CONTACT US



Contact your closest Meals on Wheels service today.

- | | |
|---------------------------------------|-----------|
| • Ashgrove Meals on Wheels | 3366 4299 |
| • Chermside Meals on Wheels | 3359 5379 |
| • Crosby Park Meals on Wheels | 3256 0788 |
| • Geebung Meals on Wheels | 3263 6634 |
| • Paddington Meals on Wheels | 3368 3723 |
| • Sandgate & District Meals on Wheels | 3269 2073 |
| • Stafford & District Meals on Wheels | 3356 2382 |
| • St Lucia Meals on Wheels | 3870 1670 |

For further information on menus, pricing or any other enquiries, please visit qmow.org or contact us on **1300 90 97 90**



Meals on Wheels

More than just a meal

MEALS THAT HAVE MADE A DIFFERENCE TO QUEENSLANDERS FOR OVER 65 YEARS

SEE RECIPE INSIDE



Sticky Date Pudding

MORE THAN JUST MEALS

We don't just deliver meals. Our volunteers come with a warm smile and a friendly chat too. Every meal delivered gives our volunteers an opportunity to check-in on the health and wellbeing of our clients. This is so important because we may be the only person they see that day.



Regular wellbeing checks



Important social connections



Links to local community



A smile and a friendly face

ALWAYS DELIVERING

For more than 65 years, Meals on Wheels has delivered meals to thousands of Queenslanders with a wide variety of support needs. Whilst we're best known for delivering meals to seniors, we also serve those with disabilities, those recovering after hospitalisation or illness, and those in need of assistance. We are considered an essential service with respect to the COVID-19 pandemic.



Delivering around 2.6 million meals per year



Supporting 19,000 clients across the state



Powered by a team of 7,000 volunteers



Serving 140 communities across Queensland



DELICIOUS AND NUTRITIOUS

If you, or anyone you know is unable to prepare meals, then let us do it for you! We take great pride in providing meals that are delicious, varied and designed to meet a variety of dietary needs.

Our meals can include:



Main meal



Sandwiches



Salad



Soup



Dessert and / or juice



SPECIAL DIETARY NEEDS

We cater for a range of special dietary needs and can also accommodate many food allergies.

Some of these include:



Texture modified



Pureed



Low potassium



Gluten free



Diabetic friendly

Meals on Wheels delivers a wide range of nutritious meals, snacks and desserts to our clients right across Queensland. This is just one of the delicious recipes our chefs create for our clients to enjoy. Why not try a piece for morning tea with a cup of tea and see just how good it is?

STICKY DATE PUDDING

Servings 20

Preparation 15 minutes

Cooking 35 minutes

Ingredients

1kg dates, pitted and chopped

4 tsp bicarbonate of soda

1L boiling water

180g softened butter

550g brown sugar

8 eggs

1½ tsp vanilla essence

1kg self-raising flour, sifted

Sauce

300g butter

750g brown sugar

750ml pouring cream

Method

1. Preheat fan-forced oven to 170°C (180°C for conventional oven).
2. Place the dates and bicarb soda in a bowl. Pour over boiling water and leave to stand for 15 minutes.
3. In a food processor, cream the butter and sugar. Add eggs and vanilla essence. Mix to combine.
4. Fold sifted flour into the egg and sugar mix.
5. Add the dates to the mixture and mix until smooth
6. Pour into a large, greased baking tray
7. Cook for 30 to 40 minutes or until firm when touched.
8. While the base is baking, place the butter and sugar into a large saucepan over high heat and stir until sugar has dissolved. Gradually, add the cream, stirring to combine. Bring to boil and cook for 6 to 8 minutes. Remove from heat and allow to cool.
9. Slice the sticky date pudding into squares and serve warm with the caramel sauce.