



**SAMARINDA**  
*locals for locals*

## COMMUNITY



### DELIVERED MEALS

*For more information contact*

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*50 years of service to the  
local community*

# DELIVERED MEALS

Healthy eating is an important component to assist in recovery, wellbeing and maintaining independence. The Meals on Wheels program responds to the various reasons why people may need assistance with meals, providing both ongoing and short term assistance to people living independently at home.

## *More than just a meal*

Our clients are provided with a 28-day seasonal menu, with three choices for their main meal, a daily soup and dessert plus light meal options.

Our qualified kitchen staff ensure individual dietary, medical and cultural needs are met. Meals are tasty, nutritionally assessed, cooked fresh and then chilled and packed individually for each client to re-heat at home.

Our valued volunteer drivers deliver the meals every week day, taking the time to get to know clients and providing both a social connection and an early wellbeing alert if the client is unwell or needing additional services.

Our aim is to support each client remain independent and living well at home!

## *How to access the program?*

The Meals on Wheels program is subsidised by the Australian Government. Our professional staff at Samarinda can assist clients to contact My Aged Care, the Australian Government aged care entry system, who will arrange an assessment. This assessment is free, conducted in the client's home and we can be there if needed.

Our service is available to all CHSP, HACC, NDIS, Home Care Package recipients and private clients.



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