

## Our meals

Our meals are designed with older Australians in mind. We provide tasty meals to suit a customer's personal requirements and can accommodate special dietary needs, cultural and food preferences.

We have a seasonal menu with multiple options each day of the week.

### Now Available: Frozen Meals

As a convenient option, frozen meals are now available for pick up from our office at 147 Otho Street, Inverell.

**Come in and check out our freezer for immediate purchase of frozen meals!**

### Meal cost

**\$9.50** for CHSP My Aged Care clients

**\$15.50** full price

Accessible for Home Care Package clients.

Pay over the phone or via Direct Deposit or at our office

## NDIS and My Aged Care

Please contact us for information on NDIS packages, or help with My Aged Care.

## Volunteer with us

We welcome new volunteers! Scan the QR code to find out more or to apply to volunteer with us.



### Let's talk about how we can help!

**Call us: 6722 1951**

Monday - Friday 8:30am - 2:00pm

**Visit our office:**

147 Otho Street, Inverell

**Email:**

[meals@inverellcommunitysupport.org.au](mailto:meals@inverellcommunitysupport.org.au)

**Website:**

[www.inverellmealsonwheels.org.au](http://www.inverellmealsonwheels.org.au)

Inverell HACC Services is funded by the Federal Government under the Commonwealth Home Support Program.



**More than just a meal**



**Meals on Wheels**  
Inverell



**Quality Meals**  
Delivered to your door



**Ask about  
our seasonal  
menus for  
Summer and  
Winter!**

## About us

Meals on Wheels has had a place in the hearts and homes of Australians for more than 60 years.

We provide nutritious meals that are flexible to your needs with no contract.

## Who we deliver to

Meals on Wheels provide meals to anyone who needs some support with meals. Whether it's a temporary arrangement as you recover from an illness or injury, or on a more permanent basis.

**We support people to remain in their own homes, where they are happiest!**



**Find us on Facebook!**

“

**They put it in the fridge for me and have a little chat.**

Lois, customer



**Ask us about our range of frozen meals**



**All meals prepared locally**

## How we deliver

Our meals are delivered by professional well-trained volunteers direct to the customer's home as required, with delivery being complimentary.

We offer peace of mind and regular monitoring.

If one of our customers is showing any physical or psychological decline, we will initiate a review to ensure customer's needs are met.