

Our friendly, knowledgeable staff can help tailor-make a menu plan that meets your specific needs.

For more information, current menus, or to place an order, please contact the Kosher Meals on Wheels (KMOW) office at 613.722.2225, ext. 315 or kmow@jfsottawa.com.



Kosher Meals on Wheels is always looking for replacement drivers!

If you can spare 45 min - 1 hr on Wednesday and/or Friday mornings to ensure this vital service continues, please contact the KMOW office.

Consider making a gift of meals to a loved one who is convalescing, welcoming a new baby, or has been spending too much time working.

FOR MORE:

301-2255 Carling
Avenue
Ottawa, ON K2B 7Z5
613.722.2225, ext. 315
kmow@jfsottawa.com
www.jfsottawa.com

Kosher Meals on Wheels is a program of the Thelma Steinman Seniors Support Services unit, a beneficiary of private donors and:



KOSHER MEALS ON WHEELS



The Thelma Steinman Seniors Support Services unit at Jewish Family Services provides several options for Kosher food security through our Kosher Meals on Wheels (KMOW) program. Whether you are no longer able to manage shopping or food preparation on your own, or just want a break from cooking, our diverse menu is sure to please any palate.



Most of the special dietary needs of seniors and convalescents can be accommodated, such as no-salt-added, diabetic-friendly, or puréed meals.

In addition to being prepared under strict Kosher supervision, our fresh and frozen meals also meet all Halal dietary requirements.

Midweek Meals

4-week rotating menu of fish and dairy options. Each meal includes 2 pieces of bread, a piece of fruit, choice of entrée with 2 sides (in an oven-ready container).

Wednesdays

Adults: \$10 Seniors: \$9.00

Order deadline: Friday, 12:00 noon

Fresh Fridays

4-week rotating menu of meat and poultry options. Each meal includes chicken soup, challah roll, choice of entrée with 2 sides (in an oven-ready container), piece of cake, and fruit.

Fridays

Adults: \$12 Seniors: \$11.00

Order deadline: Wednesday, 12:00pm

In all cases, meals are delivered between 10:15 am & 11:30 am, throughout the city.

Prices are very reasonable and include delivery, taxes, and monthly credit card billing.

Frozen Meals

Choice of 10-12 dairy, meat, and pareve menu items, packaged for oven or microwave. Each comes with 2 pieces of bread and a piece of fruit.

\$8 per meal



HOSPITAL MEALS

The KMOW program is the proud supplier of Kosher meals to the Queensway-Carleton, Montfort, and Royal Ottawa hospitals, as well as to the Ottawa Hospital's *Going Home Program*. Arrangements should be made directly with the hospital, at their expense, by requesting Kosher meals at the time of admission. In the case of the *Going Home Program*, requests should be made at the time of discharge planning, usually with the hospital's social worker.