

How do I start?

Simply call us at Meals on Wheels - we can take some details over the phone and get you started within two to three working days. If you would like more information before signing up, a Meals on Wheels staff member can come to your home and sit with you to explain the service to you.



Delivery

Thanks to our great team of staff and volunteers, we are able to offer free delivery Monday to Friday in most areas of the State. If you are a little more remote, or if it works better for you, we can do a bulk delivery of frozen meals weekly, fortnightly or monthly.

Meals are delivered to your door prior to lunch time so you can simply put them in the fridge and heat when convenient for you. Options are also available if you are out for us to leave meals for you.

Meals are delivered chilled or frozen (depending on the area you live in) and are very easy to heat. They take a few minutes in the microwave or can also be heated in the oven. Heating instructions are included on the packaging.

Meals can also be provided for weekends and public holidays.

Contact Us

The Meals on Wheels Tasmania State Office
103A Grove Road
Glenorchy TAS 7010

Phone: 1800 696 325 (1800 MY MEAL)
or (03) 6272 0887

Email: office@mowtas.org.au
Website: www.mowtas.org.au



More
than just
a meal

Healthy, fresh
and nutritious meals
delivered to your door



Australian Government
Department of Health



Tasmanian
Government



Meals on Wheels

This service is supported by both the Australian Government Department of Health
and by the Tasmanian Government through the Department of Health.

Meals on Wheels have been helping Tasmanians for more than 60 years by delivering nourishing meals to the doors of those who need assistance to remain living independently in their own homes. Many of our clients order our tasty, healthy and nutritious meals as a permanent meal provision option, however our meals can also be delivered for a short period of time such as following a hospital stay, or for time poor parents after the birth of a new baby.



What is the cost?

Not only are our meals highly nutritious, but they are very affordable. Our current prices can be found on our website at www.mowtas.org.au or can be provided by calling the State Office on 1800 696 325.

There are several ways you can pay for your meals, including cash or cheque on delivery, credit card payments over the phone, bank transfers and Centrepay. There are no lock in contracts.

Why choose Meals on Wheels?

Not only are we providing a freshly cooked meal, we are providing a safety check to all recipients and peace of mind for friends and family. As we are delivering to most clients daily, we know if someone doesn't answer their door something could be wrong, and we have steps we will follow to make sure our clients next of kin are notified to ensure the wellbeing of the client.

As our purpose is to help people stay independent and in their own homes for as long as possible, Meals on Wheels takes pride in going the extra length to ensure that our clients remain safe in their own homes.

When planning our menus, we work closely with the meal provider, including engagement with a qualified dietician, whilst also taking feedback from our clients to ensure the meals provided are what our clients enjoy.

What sort of food do we offer?

We offer a wide variety of choices to ensure there is always something that appeals to our clients. There are five different main meal options daily, along with a choice of desserts on a four week rotating menu. **We can deliver up to four courses including soup, main, dessert and sandwiches.**

There is always a salad on the menu, along with a vegetarian option. We can cater for any dietary, texture or allergy requirements, and also offer gluten free options. All of our meals and desserts are diabetic friendly. Each of our mains come with five different vegetables providing important nutrients.

Menu choices include:

- oven baked or grilled salmon
- vegetarian lasagne
- silverside and white sauce
- pasta bake
- steak and onion pie
- baked barramundi
- mixed sandwiches
- pavlova, fruit and cream
- roast meals
- fish and chips
- sweet and sour pork
- chicken parmigiana
- ham and cheese omelette
- lamb rissoles
- apple pie and custard
- bread and butter pudding



Meals can be provided to anyone receiving Commonwealth or State funding that supports the provision of meals. Please contact the State Office for more information.

