



Direct from Highgate Newtown Community Centre

What Meals on Wheels offers is simple, yet extremely important: well-rounded meals delivered to your home along with a visit from a friendly volunteer. When you sign up to Meals on Wheels, you'll get the healthy foods you want with convenient delivery and menu options that allow you to live independently in your own home. [See a sample menu.](#)



Who we are

Highgate Newtown Community Centre is a local based charity running services for all age groups. We provide lunch clubs in 5 venues each week, but we also understand people who cannot travel need us to deliver a hot lunch to their homes.

www.highgatentown.org.uk

FAQs for Clients and Service providers

How do I sign up for meals?

Signing up for meals is easy! Enroll online today or call us on 07918633821 to start meal delivery service. Our friendly staff will be happy to help you if you have additional questions.

Who is eligible to receive Meals on Wheels?

Whether you want the convenience of healthy and ready-to-eat meals delivered to your home, or are unable to prepare nutritious meals for yourself, you can receive meals from Meals on Wheels! Meals are available both on a long-term basis and temporarily if you are recovering from surgery or illness.

What are the meals like? Can I see a sample menu?

All meals are prepared fresh without preservatives and made locally. Each meal features healthy portions including an entrée, vegetable, bread or grain, fruit or dessert and a beverage.

How much do meals cost? Is financial assistance available?

Meals on Wheels provides excellent value for what you receive – a freshly prepared, ready-to-eat meal delivered right to your door. While we ask for a modest contribution toward your meals, the price is based on need. Meals may be authorized as part of a care package - and community-based services and other subsidy programs can also help cover the cost of meal delivery service. If you have questions about funding options for your clients, call us at 07918633821

Are diabetic and other diet-specific meal options available?

Meals on Wheels happily offers low-sugar, low-sodium meal options, as well as vegetarian options. Simply specify your dietary needs when you

What are your delivery options? Are frozen meals available?

This is a project that is starting up so we will be offering one day a week service for the first 6 months

Are culturally specific meals available?



Kosher, Somali/Halal meals and other culturally specific meal options are available in many areas. You can specify cultural meal preferences when you sign up online or when you call us at 07918633821

FAQs For Professionals

How do I enrol my client?

Enrolling your client for home meal delivery is easy! Get started by completing our online form or by calling us at 07918633821. Our friendly staff will be happy to help you if you have additional questions about meal delivery service, dietary requirements, delivery schedules and payment options

How do I determine if my client is eligible receive Meals on Wheels?

Generally, if someone is unable to regularly prepare nutritious meals for themselves or cannot afford to purchase healthy food, they are eligible for home-delivered meals. Meals are available both on a long-term basis and temporarily for people who are recovering from surgery or an illness. If you have a question about whether your client is eligible, give us a call

What comes in a meal? Can I see a sample menu?

Each meal features healthy portions including an entrée, vegetable, bread or grain, fruit or dessert and a beverage. All meals are prepared fresh without preservatives and made in local kitchens. View a [sample menu](#) or request a tasting

Are meals dietitian reviewed?

Yes! Menus are reviewed by a registered dietitian to ensure they meet recommended daily nutrition allowances.

How much do meals cost? Is financial assistance available for my client?

Meals on Wheels provides excellent value for what you receive – a freshly prepared, ready-to-eat meal delivered right to your door. While we ask for a modest contribution toward your meals, the price is based on need.

Are diabetic and other diet-specific meal options available?

Meals on Wheels happily offers low-sugar, low-sodium meal options, as well as vegetarian options. Simply specify your client's dietary needs when you

Are culturally specific meals available?

Kosher, Somali/Halal meals and other culturally specific meal options are available in many areas. You can specify cultural meal preferences when you complete our on line form or when you call us

What are the delivery options? Are frozen meals available?

This is a project that is starting up so we will be offering one day a week service for the first 6 months

Do you have any resources I can share with my clients?

Yes! You can request a timetable of events and other services on offer to be sent to you. We also have a number for other professional care services

Our environmental values

All food is delivered in our brand-new fleet of electric vans. The food trays are collected the next day washed and re used. We buy British food from where possible local suppliers

Starting a Workplace Delivery Team for business

Are you excited about the idea of starting a Workplace Delivery Team, but wondering how to put your ideas into action? You've come to the right place!

Meals on Wheels workplace volunteer opportunity that's easy to implement and manage. Because meals are delivered during the lunch hour, members of Workplace Delivery Teams spend minimal time away from the office.

We offer a few resources that can help you explain the benefits of starting a Workplace Delivery Team to co-workers and decision makers at your place of employment. Feel free to download them and share them in whichever way you see fit:

A Workplace Delivery Team Guide, which covers how to start a team and how the meal delivery process works.

- **A presentation to share on creating a Workplace Delivery Team.**
- **A video on the benefits of starting a Workplace Delivery Team.**

If you are interested in starting a Workplace Delivery Team but would like some additional guidance, we're happy to help! To get started, complete our Workplace Delivery Team form or call us at 07918633821 with any questions.

Volunteer at Our Kitchen

Want to play a key role in getting nutritious meals to seniors and people with disabilities in our community? Volunteering at the Kitchen of Opportunities is a great way to help!

The Meals on Wheels Kitchen of Opportunities is the first kitchen dedicated to providing meals to Camden residents. Volunteers are needed to help with tasks such as wrapping bread rolls, chopping vegetables, scooping cookie dough, and assembling meals for daily delivery. Volunteers play a key role in enabling the kitchen to produce meals.

If you are looking for a way to volunteer with Meals on Wheels that doesn't rely on operating a vehicle or would enjoy a behind-the-scenes look at how our meals are prepared, this is a great opportunity. Kitchen shifts are available 9 a.m.-3 p.m. Monday-Friday and up to four people can volunteer during a 1.5- to 2-hour shifts.

Sign up today for a shift at the Kitchen of Opportunities and make a big impact on the lives of older adults and people with disabilities in the Twin Cities. To know what to expect when volunteering at the kitchen, see the list of frequently asked questions below.