



A CHOICE OF FUNDING OPTIONS

Those in need of Meals on Wheels services may be eligible for:

- Commonwealth Home Support Programme (CHSP) subsidy
- Home Care Package (HCP)
- National Disability Insurance Scheme (NDIS) plan
- Fee for service

Contact us for further details.



FLEXIBLE

Our service is flexible – choose a daily support option (Monday-Friday) or a short-term arrangement to cover situations, such as your caregiver going away.

How do I get started?

Contact your nearest Meals on Wheels Service and they can assist you with the process.

To find your nearest service visit qmow.org or call us **1300 90 97 90**.



Meals on Wheels™



EVERY VOLUNTEER PLAYS A PART

Meals on Wheels depends on an army of amazing volunteers to deliver meals along with a smile, a chat and priceless social connections.

Can you help? We're looking for:

- Committee members
- Convenors / coordinators
- Kitchen hands
- Delivery drivers and assistants

Visit qmow.org or call **1300 90 97 90**.



Meals on Wheels™

More
than just
a meal™

MEALS THAT HAVE MADE A DIFFERENCE TO QUEENSLANDERS FOR OVER 65 YEARS

SEE RECIPE
INSIDE



Banana Cake

MORE THAN JUST MEALS

We don't just deliver meals. Our volunteers come with a warm smile and a friendly chat too. Every meal delivered gives our volunteers an opportunity to check-in on the health and wellbeing of our clients. This is so important because we may be the only person they see that day.



Regular wellbeing checks



Important social connections



Links to local community



A smile and a friendly face

ALWAYS DELIVERING

For more than 65 years, Meals on Wheels has delivered meals to thousands of Queenslanders with a wide variety of support needs. Whilst we're best known for delivering meals to seniors, we also serve those with disabilities, those recovering after hospitalisation or illness, and those in need of assistance.



Delivering around 2.7 million meals per year



Supporting 22,000 clients across the state



Powered by a team of 6,500 volunteers



Serving over 142 communities across Queensland



DELICIOUS AND NUTRITIOUS

If you, or anyone you know is unable to prepare meals, then let us do it for you! We take great pride in providing meals that are delicious, varied and designed to meet a variety of dietary needs.

Our meals can include:



Main meal



Sandwiches



Salad



Soup



Dessert and / or juice



SPECIAL DIETARY NEEDS

We cater for a range of special dietary needs and can also accommodate many food allergies.

Some of these include:



Texture modified



Pureed



Low potassium



Gluten free



Diabetic friendly

Meals on Wheels delivers a wide range of nutritious meals, snacks and desserts to our clients right across Queensland. This is just one of the delicious recipes our chefs create for our clients to enjoy. Why not try a piece for morning tea with a cup of tea and see just how good it is?

BANANA CAKE

Servings 12

Preparation 15 minutes

Cooking 45 minutes

Ingredients

4 ripe bananas

2½ cups self-raising flour

1½ cups brown sugar

150g butter

4 eggs

⅓ cup milk

1½ tsp cinnamon

1½ tsp vanilla essence

Thickened cream and seasonal berries (to serve)

Method

1. Preheat fan-forced oven to 170°C (180°C for conventional oven).
2. In a saucepan (or microwave in a bowl), melt the butter and sugar. Remove from heat and add the cinnamon and vanilla essence.
3. Mash the bananas and add this, along with the eggs, to the butter mix.
4. Stir in the sifted flour and gently fold in the milk.
5. Pour the mix into a greased baking tray and bake for approx 45 minutes.
6. Check the cake is cooked by using a skewer or toothpick. If it comes out sticky, it needs to be cooked for longer.
7. Serve with cream and seasonal berries. Enjoy!