**Who We Are**

We are a community based, Not for Profit Service whose aim is to deliver nutritious meals and/or meal packages to the aged, people with disabilities, and people recovering from short term medical conditions/injuries.

**How it Works**

We have a large variety of Meals available. You choose which day/days of the week you would like meals delivered and how you would like to receive your meal (Chilled Salad/Sandwich/Frozen) and our wonderful volunteers will arrive at your door on those days with your meal/s.

**Special Diets**

Please let us know of any special dietary requirements as we offer a variety of Vegetarian and Gluten Free Meals, and we are also able to provide texture modified meals (Cut up/Minced/Soft/). Our meals are generally suitable for those with Diabetes, when consumed as part of a healthy balanced diet.

We provide wholesome meals in line with current QLD Meals on Wheels and National Nutrition Standards. **Meals are delivered Monday to Friday between 8.30am – 11am. You must be home for your meal delivery.** Due to food safety standards, we are unable to leave your meal in eskies if you are not there to receive it. No Meals are delivered on Public Holidays and Weekends however we can supply you with frozen Meals for these days.

**$ Prices $**

 **Subsidised Non-Subsidised HCP HCP Client**

 **(CHSP& DSS) (Full Price) Provider Contribution**

- Salads (Main) $8.50 $13.00\* $9.10\* $3.90\*\*

- Salad (Mini) $5.00 $8.00\* $5.60\* $2.40\*\*

- Main Meal $7.50 $12.00\* $8.40\* $3.60\*\*

- Mini Meal $4.00 $8.50\* $5.95\* $2.55\*\*

- Sandwich $4.00 $3.00\* $2.10\* $0.90\*\*

- Dessert $2.00 $2.00 \* $1.40\* $0.60\*\*

- Soup $2.00 $2.00\* $1.40\* $0.60\*\*

- Bread (2 Slices) $0.40 $0.40\* $0.28\* $0.12\*\*

- Apple or

 Orange Juice $0.40 $0.40\* $0.28\* $0.12\*\*

**Packages available: -**

**These include** - Meal, Dessert, Soup, Bread, and Juice

MAIN PACKAGE **$12.30 $16.80\* $12.00\* $5.60\*\***

MINI PACKAGE  **$8.80 $13.30\* $9.55\* $4.55\*\***

**(\* prices exclude GST \*\* Based on 70% / 30% split, some HCP providers require us to charge a different rate) (HCP means Home Care Package)**



Inala Meals on Wheels receives Funding from the Australian Government, to help keep Meal prices low for clients in need. However, to receive the CHSP Funded meal prices provided in this brochure, **you will be required to register with My Aged Care.**

You can register with **My Aged Care** (MAC) by phoning: **1800 200 422** or if you would prefer us to contact My Aged care on your behalf to arrange a meeting, please let one of our Staff or Volunteers know.

As a client of Inala Meals on Wheels, you have the right to have an Advocacy Service speak to our service on your behalf.

The Advocacy Service: -

* Informs People of their rights
* Helps people retain their rights and recognise their responsibilities.
* Provides information
* Explores options that are available
* Links People with appropriate services
* Investigates grievances and follows up complaints
* Helps people help themselves
* Speaks on behalf of people when they want them to do so

If you feel you need the support of Advocacy Services, please contact ADA on 1800 818 338/07 3637 6000 or email info@ADAAustralia.com.au for Assistance.

“Supported by the Australian Government Department of Health. Visit the Department of Health website for more information.”

Although funding for this Inala Meals on Wheels service has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

 **Office Hours**

Monday – Friday

8.00am – 2.00pm

**Phone: 07 3372 5276**



48 Wirraway Parade Inala QLD 4077

PO Box 76, Inala Qld 4077

Email: mow4077@bigpond.net.au

Website: www.fb.me/InalaMOW

 ABN: 76 435 296 936