



**Meals on Wheels**  
New South Wales

# On a Home Care Package?

Ask for Meals on Wheels meals to support you living independently at home



More than just a meal



To arrange meals for yourself or a loved one, please contact your local Meals on Wheels Service or call us on **1300 679 669**.

[www.nswmealsonwheels.org.au](http://www.nswmealsonwheels.org.au)



Commonwealth Home Support Programme (CHSP) Meals Available



Home Care Package (HCP) Meals Available



We support the **ndis**



Full Fee Meals Available