



**Meals on Wheels**  
New South Wales

# We provide nutritious meals, wellness checks and companionship



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.

To find out more, visit our website.

[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