



Meals on Wheels
New South Wales

Living healthily beyond 65 years of age



More
than just
a meal



It is estimated that **40% of older Australians who live at home are at risk of malnutrition**. Our **nutritionally dense meals are designed with older people in mind**. Meals on Wheels developed the National Meal Guidelines, the first document of its kind specifically related to the nutritional requirements of older people.

To find out more, visit our website.

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

N-P1-English