



## Meaningful Meals for Seniors

# Program Overview

### About the Program

Meaningful Meals for Seniors identifies and connects socially isolated and vulnerable seniors to City of Coquitlam programs, services and leisure opportunities. Through the delivery of healthy balanced meals, our volunteers and staff will connect seniors in our community with opportunities for social interaction.

### How it Works

The Meaningful Meals for Seniors program is referral based. Eligible seniors can be referred by an agency (such as Fraser Health), may self-refer, or can have a family member or friend make a referral. Once approved for the program, participants can order and purchase up to four low-cost meals, weekly, that are delivered to their home every Tuesday.

Meals are \$7.50 each, and require a credit card to place the order. Menu options and details for the next week's meals are provided with delivered meals and can also be found online at [coquitlam.ca/meaningfulmeals](https://coquitlam.ca/meaningfulmeals).

### Eligibility

To be eligible for the program, prospective participants must:

- Be 50+ years of age
- Be a Coquitlam resident
- Have completed the referral process
- Be facing barriers that contribute to social isolation

### Referral Process

Agencies submit their referrals to Community Services or by completing an online application. If an individual is not connected with an agency they may self-refer by submitting their own referral form or completing their own online application.

To complete an online referral, visit [coquitlam.ca/meaningfulmeals](https://coquitlam.ca/meaningfulmeals). Referral forms are available to download and print from the website, or can be obtained by calling **604-927-6093**, emailing [communityservices@coquitlam.ca](mailto:communityservices@coquitlam.ca), or visiting Dogwood or Glen Pine Pavilion in-person.

Completed referral forms can be submitted:

- By email to [communityservices@coquitlam.ca](mailto:communityservices@coquitlam.ca)
- By mail to:
  - Community Services
  - Attention: Kim Bortolin
  - 3000 Guildford Way
  - Coquitlam V3B 7N2

Community Services will connect with applicant within 3 business days of receiving the form to review information.

Upon approval, the applicant will receive an information package outlining registration process, frequently asked questions and contact information.

For more information, visit [coquitlam.ca/meaningfulmeals](https://coquitlam.ca/meaningfulmeals) or call **604-927-6093**.