

Eligibility

You may be eligible for the service if frail aged, have a disability or are a carer of a person within that group.

Referrals may be made by a medical practitioner, hospital or welfare service, a relative, friend or neighbour.

Port Macquarie Meals Service can be accessed on a short or long term basis.

Volunteering

Our service relies heavily upon the support of volunteers. Among our volunteers are groups and individuals from local businesses and community organisations.

Volunteers can become involved in a range of activities associated with the services provided.

Information

Please contact
Port Macquarie Meals Service

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Port Macquarie NSW 2444

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PORT MACQUARIE MEALS SERVICE INC

More than just Meals on Wheels!



Port Macquarie Meals Service Incorporated

Port Macquarie Meals Service is supported by funding from the Australian Government under the Home and Community Care Program.

The aim of the service is to assist people to live independently in their own homes. We provide a meal service to the frail aged, people with a disability or carers of persons within that group. We also provide a range of other services to support independent living and to promote wellbeing in the community.

Port Macquarie Meals Service has been servicing the community since 1968 and is assisted by many volunteers, businesses and community organisations.

Flexible Meal Options

Our standard meal options include:

- **Cooked chilled or hot meals** delivered Monday to Friday.
- **Frozen meals** delivered on Fridays for weekends.
- **Frozen meals** delivered for public holidays.
- **Bulk frozen meals**

Meals are based on a six week rotating cycle. Summer and winter menus are taken into account. During summer months a cold meat salad can be an additional meal option.

Client meal options are customised by taking into account individual dietary requirements. These matters are discussed at initial contact.

Meals are prepared at the Garden Village kitchen under supervision of a highly qualified and experienced chef.

Other Services

Port Macquarie Meals Service provides a range of other services.

These include:

- **Lunch Vouchers** that can be purchased from the Port Macquarie Meals Service office for use in nominated restaurants and cafes. Using this option provides opportunities to enjoy meals in completely different environments
- **Eating with Friends Program** provides opportunities for clients to share a meal with others in a social setting.
- **Cooking classes** Quick tips on short cuts to great meals.
- **Food shopping assistance**
- **Nutritional information**
- **Monitoring of client wellbeing**

Port Macquarie Meals Service can also provide information and referrals to other Home and Community Care Agencies.

