



FROZEN MEALS FOR SENIORS

Do you have trouble cooking for yourself at home?

Our excellent kitchen team prepares, portions, and freezes home-cooked meals in our licensed kitchen!

These meals are available for purchase at **BNH South House**

Each meal is **\$5** (subsidies to help with cost are available)

You can pay with **cash, cheque, debit, or credit card**

For more information, please contact Emily

604 431 0400 emilyc@burnabynh.ca

Proudly supported by:

Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Wauthuth (səlilwətaʔt), Kwikwetlem (kʷikwəłəm), Squamish (Skwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəyəm) nations with a unique focus on neighbours supporting neighbours.

HelpAge

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