

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!

For who? Seniors 55+ who live in Burnaby
Member of Burnaby Neighbourhood House

Pickup

BNH South House
4460 Beresford St

Delivery

Last Thursday of the month
(Complete registration form)

Meals are \$7 each
Subsidy available

For more information
contact Emily 778 288 3747
emilyc@burnabynh.ca



Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil- Wauthuth (səlilwətaʔ), Kwikwetlem (kʷikwəłəm), Squamish (Sḵwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəyəm) nations with a unique focus on neighbours supporting neighbours.



United Way
British Columbia

Working with communities in
BC's North, Interior, Lower Mainland,
Central & Northern Vancouver Island