

# 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  
Experiencing frailty, isolation, and/or low income  
Member of Burnaby Neighbourhood House

## **Pickup**

BNH South House  
4460 Beresford St

## **Delivery**

Once a week on  
Tuesday or Thursday

**Meals are \$7 or less with  
completed subsidy form**

**Please contact Cynthia to register**

672 377 5608

seniorshopping@burnabynh.ca



Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil- Wauthuth (səlilwətaʔ), Kwikwetlem (kʷikwəʔləm), Squamish (Sḱwəwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.



United Way helping seniors remain independent.