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NEIGHBOURS

An exclusive magazine for the residents
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Oakville Meals on Wheels: 49 Years of Care, Connection, and Community

By Hannah Teichroeb | Photo courtesy of Meals on Wheels



This October marks a special milestone for Oakville Meals on Wheels as the organization celebrates its 49th anniversary of serving the community. Since 1976, Oakville Meals on Wheels has been a lifeline for residents in need, providing nutritious meals, wellness checks, and friendly visits from volunteers who ensure clients feel safe, connected, and cared for. What began with the Oakville Kiwanis Club delivering the first meal nearly five decades ago has evolved into a vital community service, providing more than one million meals to local residents.

Today, Oakville Meals on Wheels serves approximately 300 clients and delivers about 4,000 meals each month. Clients can receive both hot lunches and frozen entrées, delivered by a dedicated team of volunteers who not only bring food but also offer a vital human connection. This personalized service helps clients maintain their independence, bringing peace of mind to families who know their loved ones are cared for with compassion and dignity.

As an independent charity, Oakville Meals on Wheels does not receive annual government funding. Instead, Oakville Meals on Wheels receives support from agencies like United Way Halton and Hamilton, and relies on community partnerships, grants, foundations, and the generosity of local supporters to keep its services as accessible and affordable as possible. This makes the fall fundraising season especially important.

From September 20 to October 10, Oakville Meals on Wheels is hosting its Terra Cotta cookie fundraiser, followed by a Purdys Chocolates fundraiser in mid-November. These events, along with other community campaigns such as GivingTuesday and year-end initiatives, play a crucial role in sustaining the organization's mission. Information about these fundraisers, along with updates on other campaigns, can always be found on the Oakville Meals on Wheels website and social media channels.

The heart of Oakville Meals on Wheels lies in its volunteers. Their dedication ensures that nutritious meals are delivered across the community every weekday. Beyond meal delivery, these informal wellness checks and friendly visits reduce isolation and promote dignity for clients of all ages and circumstances.

In fact, demand for subsidized meal services has tripled since the onset of the pandemic, making community support more important than ever.

Looking ahead, the organization is excited to begin planning for its 50th anniversary in 2026. With nearly five decades of service behind them, Oakville Meals on Wheels remains deeply committed to its mission: enabling independent living by providing equitable access to nutritious meals, social interaction, and emotional well-being. Their vision is simple but powerful; to create a community where everyone feels safe, nourished, and connected.



This fall, as Oakville Meals on Wheels celebrates 49 years of service, they invite the community to join them in ensuring that no one is left isolated or hungry. Together, Oakville can continue to support the care, connection, and dignity that Oakville Meals on Wheels has delivered for nearly half a century.



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