

How we deliver

We deliver meals conveniently to your door, on weekdays between 10.30 am and 1 pm. Our well-trained and professional volunteers provide complimentary delivery on days that suit you.

Volunteers will always stay for a chat if you wish and can help to put you in touch with extra support if you need it. Please note that someone does need to be home to accept your meal delivery.



Our friendly volunteers will check in to see how you are

We deliver tasty and nutritious home-style meals, conveniently to your door. And we offer our clients peace of mind, with a regular visit and a friendly chat, helping you to go on living independently in your home.



We support you to remain living in your own home



Meals on Wheels
Ku-ring-gai & Hornsby

For more information and to order online, visit our website: kmow.org.au

Contact details for Ku-ring-gai residents:

Phone: 02 9144 2044
Email: kmowinfo@kmow.org.au
Address: 7 Gilroy Road, Turrumurra NSW 2074

Contact details for Hornsby residents:

Phone: 02 9482 2088
Email: hornsby@kmow.org.au
Address: 25/12 Cecil Road, Hornsby NSW 2077

Our centres are open from 8 am to 3 pm, Monday to Friday.



Meals on Wheels
Ku-ring-gai & Hornsby

Tasty, nutritious meals
delivered to your door



More than just a meal



www.kmow.org.au





About us

Meals on Wheels has been delivering food to the local community for more than 60 years. Our friendly volunteers deliver tasty and nutritious meals, checking in at the same time to chat and see how you are.

While age and reduced mobility may make it harder for you to get out and about, we can help you to continue to enjoy living independently in your own home.

We cater to different dietary requirements and tastes

Who we deliver to

Meals on Wheels delivers quality meals to your door

Meals on Wheels provides meals to anyone who needs some support with shopping and preparing meals. This could be temporary, as you recover from an illness or injury, or it could be ongoing.

If you are aged 65 years or older (50 years or older for Aboriginal and Torres Strait Islanders), you may qualify to receive our subsidised, home-delivered meals.

To register or for more information, call My Aged Care on 1800 200 422, visit the website at myagedcare.gov.au, or speak to your doctor.



Our meals

We have developed our quality, home-style meals to meet the nutritional needs of older Australians. We follow the Meals on Wheels Association's National Meal Guidelines, so meals contain minimum amounts of protein, fat and other nutrients to help you maintain a healthy weight and lifestyle.

Our rotating menu features delicious and varied main meals, soups, salads and desserts, all prepared and cooked in our Turramurra kitchen. Speak to us today to see how we can accommodate your dietary needs and personal food preferences.

