



McLeese Lake Meals with Heart Society

BC Registered Non Profit Society Number: S0083838

The purpose of McLeese Lake Meals with Heart Association is to:

- Foster a sense of community and support seniors in McLeese Lake who are facing barriers accessing healthy food.
- Provide healthy meals that can easily be heated up in a microwave or oven.
- **Deliver 8 dinners and 6 homemade frozen soups every two weeks at no cost to the senior.** *****For those are fine financially, but face other barriers, we would so appreciate if you donate back to our society we would suggest \$3.00 per meal and \$2.00 per soup. All donations would go back into purchasing more groceries and containers*
- Uphold the principles of fairness and respect for diversity.

SERVICES WILL NOT BEGIN UNTIL January 2026 but we are accepting applications now so we can estimate our budget.

We will be serving people who live in and around McLeese Lake as far as the end of Lagerquist North of us and up the mine Road to the beginning of Beaver Lake Road, including Cuisson Lake and down Soda Creek Road. Heading South we will travel 10-15 km past Duckworth Lake.

Please visit our website for more information including our constitution, application questionnaire:



<https://mcleeselakemealswithheartsociety.com>

We are accepting applications currently for anyone over 60 years of age who feel they could benefit from our services. We want to be inclusive so will not be asking any questions about your financial means or medical information. We recognise that seniors potentially can face many barriers including limited income, illness, lack of transportation, mobility issues, isolation and medical disabilities. For this reason, we will not turn any senior away and we will trust that those that apply see a benefit from receiving our healthy heart smart meals.

**ALL APPLICANTS INFORMATION IS COMPLETELY CONFIDENTIAL AND ALL VOLUNTEERS HAVE SIGNED
CONFIDENTIALITY AGREEMENTS.**

Please feel free to talk to seniors you know and let's spread the word!

If you would like to join our group of volunteers, please email us at:

mcleeselakemealswithheart@gmail.com

If you would like to make a donation to our society to help purchase food and single use containers you can e-transfer at the above email or you can mail a cheque made out to the Society Name to:

PO 24

McLeese Lake

BC, V0L1P0

Please feel to reach out if you have questions or would like more information.

Sincerely,

McLeese Lake Meals with Heart Board of Directors

