

When do I pay for the service?

You may pay for the service on a monthly basis. A statement will be posted in the first week of each month.

A range of payment options are available to suit your needs including cheque, money order, direct debit, credit card or cash.

How can I apply for this service?

You can phone the Northern Beaches Food Service directly on (02) 9970 8399.

OR you may ask a relative, friend, neighbour or your doctor to apply for this service on your behalf.



Contact us for more information

t 02 9970 8399 f 02 9913 2777

e nbfs@bensoc.org.au

6 Jacksons Road, Warriewood NSW 2102

A Telephone Interpreter Service is available on 131 450.

www.bensoc.org.au

The Benevolent Society ABN 95 084 695 045

Seniors' Luncheon Avalon, Allambie Heights

Northern Beaches Food Services operates weekly Seniors' Luncheons at Avalon and Allambie Heights. These luncheons give seniors the opportunity to get out of the house, make new friends and socialise in a friendly environment whilst sharing a delicious meal.

We understand that many seniors spend long periods of time at home alone. Our luncheons allow them to enjoy the stimulation of meeting new people and enjoying a delicious, nutritious and affordable meal.

This service has been operation for almost fifteen years and those who attend say they enjoy this outing and look forward each week to the social contact. The lunch includes a hot main meal with dessert, bottomless juice and tea and coffee. (A glass of wine is provided at the Avalon luncheon). Transport can be arranged if needed.



Northern Beaches Food Services



What is Northern Beaches Food Services?

It is a service that provides home delivered meals to people living in the Warringah and Pittwater Council areas who are elderly, have a disability or are a Carer.

Northern Beaches Food Service is funded by the Home and Community Care program and is managed by The Benevolent Society.

Am I eligible for this service?

You are eligible if you are:

- a frail older person
- a person with a disability
- a Carer

and you live in the Warringah or Pittwater local government areas.



Do you have a menu?

We offer a varied and changing menu of home-style meals, sandwiches, ploughmen's salads and finger food packs. We also cater for vegetarians, diabetics and those on gluten-free diets. Our meals are available as cut-up or puréed.



What does the meal include?

A meal includes a main meal, dessert, soup and juice. Meals are delivered chilled (ready to reheat), frozen or hot.



When are the meals delivered?

Volunteers deliver meals to your home between 11:30 am and 1:30 pm, Monday to Friday.

If you are not going to be home, alternative delivery arrangements may be made by contacting our office.

How much do main meals cost?

The current cost is \$7.60 including a main meal, dessert, soup and juice. Delivery of meals is free of charge.