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## About Us

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Gwen Sector Kosher Meal Delivery (Kosher Meals on Wheels) serves seniors and people of all ages living with restrictions, as well as those recovering from injury or illness.

Meals are delivered Tuesday – Friday, no doctors referral required.

**We require 2 business days to cancel meals without being charged.** Tuesday cancellations must be received before 3pm the Friday prior. Meals are not delivered on Statutory holidays or Jewish holidays.

Advance notice will be given upon registration.

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The Gwen Sector Creative Living Centre operates a Kosher kitchen certified by the Vaad Ha'ir of Winnipeg, under the supervision of Rabbi Yosef Benarroch of the Adas Yeshurun Herzlia Synagogue.

Please visit our website to print the application form  
[www.gwensector.com](http://www.gwensector.com)

Alternatively, call us 204-339-1701 or email [info@gwensector.com](mailto:info@gwensector.com) to have an application form sent to you.

# home cooked kosher food



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Beneficiary Agency of the  
**Jewish Federation**  
OF WINNIPEG



Winnipeg Regional  
Health Authority

Caring for Health

Office régional de la  
santé de Winnipeg

À l'écoute de notre santé



**Gwen Sector  
Kosher Meal  
Delivery Program**  
(Kosher Meals on Wheels)



**Gwen Sector**  
Creative Living Centre

at Syd Glow Place

**1588 Main Street | 204.339.1701**

**[info@gwensector.com](mailto:info@gwensector.com)**

**[www.gwensector.com](http://www.gwensector.com)**



## Volunteer With Us

If you are interested in being a volunteer driver for Gwen Secter Kosher Meal Delivery (Kosher Meals on Wheels) please call 204-339-1701 or e-mail [info@gwensecter.com](mailto:info@gwensecter.com).

One day per week commitment.  
(Tax receipt provided for services rendered.)



## Hot and Cold Meals

**Full Meal**  
**(Protein/Vegetable/Starch/Soup/**  
**Dessert)**

\$10.75

**XL Full Meal**

Add \$1.00

\* Meat and dairy meals will be offered  
in rotation

**Supper Bag**  
**(Sandwich, Juice, Fruit)**

\$5.00

**Soup, Bun & Dessert**  
\$4.50

**Soup add on to any of the above**

\$3.00 each (12oz)

(In order to receive the add-on price,  
soups **must** be added  
when ordering a meal)

\*Your choice of aluminum or  
microwaveable containers

\*Allergies and dietary  
restrictions accepted only

**A non-refundable deposit of  
\$25.00 will be required upon  
registration.**

This consists of a \$10.00  
administration fee, and the  
additional \$15.00 will be applied to  
your first billing period.

**Deliveries are within the city limits.**  
**No charge for delivery.**

**Minimum requirement of 2 deliveries  
per week.**

If you live outside the city of Winnipeg,  
you may fill out an application form  
and arrange to have the meals picked  
up at Gwen Secter Creative Living  
Centre at 1588 Main St. Tuesday -  
Friday between 10am and 1pm.

Pick up may also apply if we do not  
have a route scheduled in your area.

Minimum two clients are required to  
establish a new route.