
About Us

Gwen Sectar 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.

The Gwen Sectar 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.gwensecter.com

Alternatively, call us 204-339-1701 or email info@gwensecter.com to have an application form sent to you.

home cooked kosher food



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 Sectar
Kosher Meal
Delivery Program**
(Kosher Meals on Wheels)



Gwen Sectar
Creative Living Centre

at Syd Glow Place

1588 Main Street | 204.339.1701

info@gwensecter.com

www.gwensecter.com

Volunteer With Us

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

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



Hot and Cold Meals

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

\$11.50

XL Full Meal

Add \$1.00

* Meat and dairy meals will be offered in rotation

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

\$5.25

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 Sector 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.