

cultiver
cuisiner
partager



food
people
community

Montreal, November 24th 2015

As the city is gently covered in its winter coat, we wish to share with you the daily reality of a meals-on-wheels client. This story is composed of the many narratives that we hear each day, and highlights the impact that you can have in meeting the essential needs of those living with a loss of autonomy and in social isolation.

A long journey to a hot meal

Madame Bourgeon became a meals-on-wheels client three weeks ago. For the past few years, she has navigated the eight blocks of potholes and orange cones between her apartment and the nearest grocery store with the help of her walker. Now that winter has arrived, the snow and ice make this journey nearly impossible for her. Ninety years of life have diminished her eyesight and cooking for herself is no longer a feasible option.



“After my fall in the street, my right arm was in a cast. I couldn’t cook for myself. With what the meals-on-wheels gives me and what I buy, I lack of nothing. All I do is heat water for coffee.”

MARTHE, 91 YEARS OLD

Deciding to live in her own home

Nonetheless, Madame Bourgeon is delighted when her meal of the day arrives: Penne with salmon and lemon sauce, as announced in the annual meal calendar. Receiving meals from Santropol Roulant allows her to continue living in her cherished home of 30 years.

The freshly made, hot food is delicious, healthy and nourishing. Knowing that it was lovingly prepared, packaged and delivered by nearly a dozen volunteers adds an extra dose of goodness.

Madame Bourgeon receives the minimum government pension and revenue supplement. With the sliding scale pricing newly available at Santropol Roulant, she is proud to contribute \$4.50 to cover a part of the cost of her meal.

“How are you today, Madame Bourgeon?”

Like half of the elderly people in her neighbourhood, Madame Bourgeon lives alone.

Her main point of contact in a given day is often a Roulant volunteer. Sometimes the volunteers stop for a little chat with Madame Bourgeon, who has a wealth of knowledge and experience and relishes the opportunity to share it.

A community in action

Over the last 20 years, Santropol Roulant has delivered over 500,000 meals like Madame Bourgeon’s salmon pasta. Rain or shine, through snow or icy wind, on a regular week day or a holiday, meals-on-wheels clients know that, thanks to your generous donations, they will have their essential needs met with nutritious food and meaningful exchanges. Thanks to your support, they can continue to live with a certain degree of autonomy the life that they choose in their own homes.

Your support

This winter, we invite you to support and contribute to the home-care needs of vulnerable Montrealers. Financial stability is key in our joint effort to face this growing need.

With much gratitude, the Roulant team wishes you a happy holiday season!

Pier Liné
Executive Director

P.S. Thank you for helping our clients receive healthy meals and warm smiles! To receive a tax credit for 2015, please send your gift before December 31st by mail or online.

