

Brampton, 1963

Brampton, Ontario is the first city in Canada to deliver meals to seniors in need. In the spring of 1963, Ruby Cuthbert, a nurse, implemented the Meals on Wheels program with the support of the local Soroptimist Club. Later, the Auxiliary group from Peel Memorial Hospital took over the responsibility. Brampton Meals on Wheels (BMOW) started with 17 meals a day and due to demand, increased to 50 meals per day. In September, 1974, funding from the City of Brampton was allocated to pay for office space and a Coordinator. Mrs. Dorothy Hames was hired, along with two assistants, Mrs. May Dowd and Mrs. Edna Ford making it officially a non-profit organization.

In 1975, BMOW relocated into the premises at Peel Manor Long Term Care Home for Seniors. Peel Manor has been an integral part of the program success, providing highly experienced Nutritional and Dietary staff that oversees meal preparation.

Brampton Wheels on Meals continues to provide two meal programs: the Ready-to-Eat Hot Meal program and the Frozen Meals program. Our services are now delivered to individuals who are unable to cook for themselves due to chronic illness, medical treatments, recovering from illness or surgery or who are physically or mentally challenged.

In 2010, BMOW delivered an average of 125 meals a day, 5 days a week to over 368 clients. On Fridays, we often delivered over 200 frozen meals, as well as the hot meals. A team of over 70 Brampton Meals on Wheels Volunteers put in approximately 4,800 volunteer hours and logged 55,000 km to our clients and rarely missed a day even during inclement weather.