



**BOWEN
ISLAND**

ORDER OUT

BETTER MEALS

Volunteers from the Snug Cove House Society pick up and deliver meals prepared by Better Meals, a wide variety of flash-frozen meals including special diets (diabetic, low sodium & puree). Order forms available at Cates Pharmacy or www.snugcovehouse.com and click on SERVICES'.

THE RUDDY KITCHEN & CAFE

*511 Sunset Road, just before Tunstall Bay
Eat in and take-out available. Fresh handmade entrees and baked goods. Monday to Friday, 7am to 3pm. Ph # 604 947 0665.*

GROCERIES

STONG'S

*Grocery delivery to your door Thurs & Fri.
Minimum order \$50 from www.stongs.com .
Delivery charge \$7.99. Phone 604-630-3154*

SNUG COVE GENERAL STORE

A great selection of fresh and frozen food and produce. Hours 8am-8:30pm daily

THE RUDDY POTATO

*Village Square. A fine selection of healthy and organic foods and produce. Fresh handmade entrees and baked goods delivered daily from the Ruddy Kitchen. Store Hours daily 9am to 7:30pm
Ph # 604 947 0998*

BOWEN ISLAND FOOD BANK

Self serve pantry always open in the Bowen Island United Church

Hours of operation and discounts are subject to change. Present your GOLD BC Care Card at time of ordering to obtain your senior's discount.

We thank SMOOTHSTONES for their generous donation.

**DINING
&
FOOD
CHOICES
FOR
SENIORS**

**SNUG COVE HOUSE SOCIETY
ON BOWEN ISLAND**

*In response to requests by many seniors for a variety of meal options available on Bowen Island, the Snug Cove House Society on Bowen Island has compiled this card for your information and convenience. **Bon Appetit!***