

# NOSH

Nourishing our  
Seniors at Home



## Need help with cooking?

Order delicious, nutritious  
soups made by skilled  
seniors at our House, and  
delivered to seniors  
at home.

Find more information at:

**[www.mpnh.org/NOSH](http://www.mpnh.org/NOSH)**



**Mount Pleasant  
Neighbourhood House**

**FONDATION  
AMC**



**CMA  
FOUNDATION**

# Healthy eating made easy!

Enjoy affordable, and tasty soups, with home delivery.

Vegetarian Soups

\$4/bowl | \$10/3 bowls | \$12/4 bowls



We make deliveries on Tuesdays and Thursdays, to seniors living in Vancouver, from 41st Ave to Great Northern Way (4th/6th/2nd Ave), between Granville Street and Victoria Drive.

**Order ahead to stock up on nourishing meals.**  
**Free delivery available for orders of \$20 or more.**  
**A \$2 delivery fee applies to orders under \$20.**

Donations are welcome!

**[www.mpnh.org/NOSH](http://www.mpnh.org/NOSH)**

Submit your order form by email, or  
call Omnia El Shayeb to order:

[OELShayeb@mpnh.org](mailto:OELShayeb@mpnh.org)

604.879.8208 ext 112