



## Hot meals delivered to your home 365 days a year



**Health & Independent Living Support (HILS) is the UK's largest meals on wheels provider**

**We pride ourselves on offering more than just a meal...**

- Meals are delivered by our friendly, DBS-checked Community Team Members
- Our hot, nutritious two-course lunches or chilled Tea & Breakfast packs can be ordered as a one-off, temporarily, or for as long as you like: you're in control
- We can cater for a wide range of dietary and cultural choices
- Each visit includes a caring wellbeing check



**Find out more information:**  
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web: [www.hils-uk.org](http://www.hils-uk.org)