

## About HILS

Health and Independent Living Support (HILS) is the largest not-for-profit meals on wheels service in the UK. Established in Hertfordshire in 2007 as a charitable social enterprise, HILS helps people to stay happy, healthy, and independent at home for as long as they wish. We have been recognised with a number of local and national awards, for our responsive and flexible service.

## About our meals service

We deliver meals on wheels across West Sussex, 365 days a year, whatever the weather. Every visit includes delivery of a hot meal and dessert, along with a caring welfare check. This service is chargeable, for our prices please call us, or check our website.

You can order meals as a one-off, temporarily, or for as long as you would like them. Our meals are delivered hot and ready to eat between **11am** and **2pm**, and you will usually receive your meal at a similar time every day.



We have a menu that offers a wide range of delicious and nutritious hot meals and desserts for you to choose from. You can also order soup for an additional cost per day alongside your hot meal.

We can provide specialist Kosher, Asian, Halal, and West Indian food, Pureed, Minced & Moist, and Soft & Bitesize food for people following special diets. Contact us for further details about these options.

## Tea Packs

Any client purchasing a main meal at lunchtime also has the option of ordering a Tea Pack at an additional cost. For our prices, please call us, or check our website.

These are delivered at the same time as your hot lunch time meal, and are placed in your refrigerator to enjoy later. Tea Packs include a sandwich, a piece of cake and a piece of fruit.



### How do I order my meals?

You can order meals as a one-off or for as long as you would like them.

**Step 1:** Contact us on **0330 2000 103**.

**Step 2:** We will send you a menu so you can choose your favourite meals.

**Step 3:** Your meals can be delivered the same day if you order before 9:30am, or we can start them from a date you select.

**Step 4:** At the end of every month, we will send you a bill for the meals you have had.

*“The food is good, the service is reliable,  
and the drivers are very kind”*

HILS meals client

Delivered in partnership with West Sussex County Council

