



Dinners at Home Program

The dinners at Home Program was developed to assist those in the communities who are nutritionally at risk, shut-ins and or have health issues preventing them from cooking their own meals from scratch. These meals are supplied by the IHA Frozen Meal Program. The meals are prepared in Penticton BC under the strict guidelines of the Nutritionist /Dietician and then purchased by Scw'exmx and delivered once a week to Community members. The home and community care nurse conducts a needs assessment in order to access this program.