

# MEALS ON WHEELS & CASE MANAGEMENT

## ***Home Delivered Meals***

Five days of meal support, including breakfast, lunch and dinner, delivered to homebound older adults 60+ who have difficulty shopping or preparing meals and who have no one to help with meal support. Meals are nutritious, heart-healthy, diabetic friendly and meet 100% of Recommended Dietary Allowance.

## ***And, a Friendly Face***

Caring volunteers bring meals, smiles and an in-person safety check to confirm seniors' well-being in their home.

**660,000+ MEALS**

**DELIVERED YEARLY TO  
HOMEBOUND OLDER ADULTS**



## ***Meals on Wheels & Case Management - donation-based program***

For those who qualify, includes home-delivered meals (breakfast, lunch and dinner), and home visits from our case managers to ensure seniors are safe in their homes and have access to services that support independence and improve quality of life. Meal delivery days vary.

## ***Meals on Wheels - fee-based program***

Includes lunch and dinner delivered to the home for a fee. Meal delivery days vary.