



Meals on Wheels is a community-based service that delivers fresh, nutritious meals directly to the homes of seniors and individuals with disabilities throughout the Twin Cities. Caring volunteers who deliver the meals also offer an important visit. Meals on Wheels provides the healthy foods and social connection needed for clients to remain living independently in their own homes.

Fresh, Nutritious & Delicious Daily

Meals on Wheels programs provide fresh, high-quality, nutritious meals delivered directly to clients' doors.

The many benefits to your client include:

- Nutritionally balanced, dietitian-reviewed meals with healthy portions including a full meal, beverage and dessert
- Fresh meals prepared without preservatives, made in local kitchens
- Low-sodium, low-sugar (diabetic) or vegetarian options
- Daily hot meal delivery or frozen meals delivered weekly
- Social connection to volunteers

Meals on Wheels also offers expanding cultural meal options such as kosher meals and Somali/Halal meals. *Ask us about availability.*



Enrolling Your Clients

Enrolling clients is easy and only takes a few minutes. Enrollment can be initiated online at meals-on-wheels.com/receiving_meals_find or by calling **612.623.3363**. Our friendly staff will work with you to understand your client's dietary requirements, delivery schedules and payment options.

MORE THAN JUST NUTRITIOUS FOOD:

Clients enjoy meaningful interaction with delivery volunteers, bringing comfort to their families and caregivers!

Who Qualifies for Meals?

Generally, if someone is unable to regularly prepare nutritious meals for themselves, they are eligible for service. Meals are available both on a long-term basis and temporarily for people who are recovering from surgery or an illness. Meals may also be authorized as part of home- and community-based waived services.

Cost of Meals

We offer excellent value at about **\$6 per meal**. While we ask many clients for a contribution toward the cost of a meal, Meals on Wheels works with clients and care professionals to provide service while taking into account the client's ability to pay. Medicaid waivers and other subsidy programs can also help cover the cost of meals. *If you have questions about funding options for your clients, call us at 612.623.3633.*

Delivery Schedule

Regular deliveries are scheduled Monday through Friday between 11 a.m. and 1 p.m. Delivery schedules for frozen meals, or meals for use on weekends and holidays can also be arranged.



Call **612.623.3363** or visit meals-on-wheels.com to enroll your clients or to learn more.