Meals on Wheels is a neighborhood service that conveniently delivers fresh, nutritious meals directly to your home. Volunteers who deliver the meals also offer a friendly daily visit. Meals on Wheels regularly provides the healthy foods you want, allowing you to live independently in your own home.
Convenient, Nutritious Meals
Here are just a few of the many benefits Meals on Wheels provides:

- Freshly prepared meals without preservatives, made in local kitchens
- Balanced meals with healthy portions plus fruit or dessert and a beverage
- Low-sodium, low-sugar (diabetic) and vegetarian options
- Convenient delivery options, including daily hot meal delivery or the same great meals frozen and delivered weekly
- Friendly visits from meal delivery volunteers

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

How to Receive a Meal
There are three ways to get started:

- Visit meals-on-wheels.com/sign-up/recipient and fill out the online form
- Call us at 612.623.3363
- Email us at info@meals-on-wheels.com

Our friendly staff will work with you to understand your dietary and meal delivery needs, and payment options. If you cannot make the call yourself, a family member, friend or caregiver may call on your behalf.

Am I Eligible to Receive Meals?
Whether you want the convenience of a healthy and ready-to-eat meal, or are unable to prepare nutritious meals for yourself, you can receive meals from Meals on Wheels! Meals are available both on a long-term basis and temporarily if you are recovering from surgery or illness.

Fresh Food, Great Value
Meals on Wheels provides excellent value for what you receive – a freshly prepared, ready-to-eat meal delivered right to your door. Meals are priced affordably and your budget influences how much you will pay.

Call us today at 612.623.3363!

Delivery Options
- Regular hot meal delivery Monday through Friday between 11 a.m. and 1 p.m.
- Weekly delivery of frozen meals
- If requested, additional meals can be delivered during the week for use on holidays and weekends.

A TRULY WELL-ROUNDED MEAL:
Every meal comes with friendly interaction from delivery volunteers!

Call 612.623.3363 or visit meals-on-wheels.com to get started