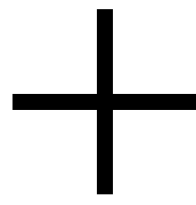


Meals on Wheels:

more than just food for your body



Food delivered to your home



Friendly wellness check

What is *Meals on Wheels*?

Meals on Wheels is a national program that supports local organizations to provide nutritious meals to homebound adults 60 and over and adults with disabilities. In southern Maine, the organization that delivers the meals is Southern Maine Agency on Aging.



What kind of food do you deliver?

All meals are approved by a Maine registered dietitian. Our entrées generally feature a protein main dish, a side dish, and a vegetable. The meals are also served with a small loaf of bread. Clients can also receive one quart of milk per week.

We have several meal options: standard, low sodium, vegetarian, gluten-free, pureed, renal-friendly, diabetic-friendly, Halal, dairy-free, low fat, low saturated fat, heart-healthy, and low cholesterol.

Who can receive meals?

- 60 and older, homebound, and having difficulty preparing meals;
- Under 60 with a disability, homebound, and having difficulty preparing meals;
- Spouse or caregiver of any age living with a current Meals on Wheels client.



How much does each meal cost?

Suggested donation is \$3.5 per meal. We accept donations of all sizes and no one will be turned away if unable to contribute at the suggested rate.

When would I get them?

Volunteers deliver five meals on Tuesdays or Thursdays and generally arrive between 10:30a.m.-12:30p.m



How to request meals?

If you are comfortable with English: **207-396-6500** or **infoesmaaa.org**

If you need help with interpretation, ask a family member, a friend, or one of the local organizations working with non-English speakers to contact us.