



The Meals On Wheels Program

The Meals on Wheels (MOW) program delivers a hot lunch to homebound seniors who are unable to provide good nutrition for themselves, and who meet certain guidelines. The consumer must lack a reliable or consistent support system to assist with meal preparation and must be unable to drive while the service is provided. Eligibility for this program is determined by a Minuteman Senior Services case manager.

Volunteers deliver the meals between 11 am and 1 pm, Monday through Friday. Different volunteers may deliver each day, so arrival time will vary. This daily check in by a volunteer driver may be the only social contact an elder has and helps reduce the isolation often experienced by disabled seniors. Drivers are trained to identify and report observations or emergencies that might indicate a medical problem or the need for more intervention.

Regular Meals

The meals provide one-third of the Recommended Daily Dietary Allowances, are approximately 700-800 calories and meet the requirements of a No Added Salt diet. Ask about options available for those needing assistance on weekends.

Special Diets

Low-sugar desserts are available by request in place of the regular dessert. Therapeutic meals are also available based on our dietitian's assessment and physician approval, and include Low Lactose, Renal, Mechanical Soft and Pureed.

Contributions

A voluntary, confidential donation is requested for all meals (closing the gap between the cost of the program and the public funding received), and can be made by recipients or family members. A monthly statement itemizes the meals received. Suggested donation is \$2.00 for regular meals and \$2.50 for therapeutic meals.

**To make a referral or for more information about
Meals on Wheels, please call the Information and Referral
Department at 781-272-7177 or toll free 888-222-6171**

Volunteer Meals on Wheels Drivers are always needed. Adopt a Route!
If you can spare an hour on weekdays, just twice a month or more, please email volunteer@minutemansenior.org to see if this is the right match for you.

Interpreter Services Available

Last Updated 01/22

26 Crosby Drive • Bedford, MA 01730 • Toll-Free 888-222-6171 • www.minutemansenior.org
Fax 781-229-6190 • MassRelay: 711 or 1-800-439-2370 (TTY/ASCII) • elderinfo@minutemansenior.org