

The Senior Nutrition Program

Meals on Wheels

The Meals on Wheels (MOW) program delivers lunch to older adults who meet certain guidelines. Eligibility is determined during initial contact.

- **Regular Meals:** Regular meals provide one-third of the Recommended Daily Dietary Allowances, contain approximately 700-800 calories, and meet the requirements of a No Added Salt diet.
- **Medically Tailored, Textured, and Culturally Tailored Meals:** Medically tailored meals are available based on our dietitian's assessment and physician approval. They include Heart Healthy (combined Cardiac/Diabetic), Low Lactose, and Renal meals. Textured meals include Mechanical Soft and Pureed. Culturally tailored meals are available through certain programs.

Senior Dining Meals

Senior Dining meals are provided at 12 locations in our service area. This program helps to provide a chance to meet new and old friends and enjoy a meal together.

Senior Dining Meals provide an average of one-third of the recommended daily intake for persons aged 50 and older. Menus are planned to limit sodium, saturated fat, and cholesterol to reasonable amounts, including 1% milk, soft-spread margarine, and low-sodium bases for soups, gravies, and entrees.

Nutrition Counseling

Our Registered Dietitian is available to help people learn how to eat healthy through individualized, in-home nutrition counseling and Medical Nutrition Therapy consults. Medical Nutrition Therapy consults are a benefit available to Medicare-eligible participants with diabetes and/or non-dialysis kidney disease. The Registered Dietitian also provides nutrition presentations and outreach to local community partners.

Contributions

A voluntary, confidential donation is requested for all meals (closing the gap between the cost of the program and the public funding received). MOW recipients receive a monthly statement itemizing 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 Center at (888) 222-6171.

Volunteer Meals on Wheels Drivers are always needed. *Adopt a Route!*
Email volunteer@MinutemanSenior.org for more information.



Interpreter Services Available

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