

# Meals on Wheels

479-968-5039  
Monday-Friday 8 a.m. to 3 p.m.

Contact:  
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Meals on Wheels delivers a hot, nutritious noon meal each weekday to homebound people age 60 years or older who cannot cook for themselves. Each meal provides 1/3 of the recommended daily allowance of nutrients. Meals are low salt and have no added sugar. They are prepared daily in our own kitchen.

Meals on Wheels deliver much more than just a well-balanced meal. It also delivers:

- A friendly face- Staff enjoy delivering meals, and meal recipients enjoy the daily contact with those smiley faces. For some, the Meals on Wheels staff may be the only person a homebound person might see each day.
- Peace of Mind- Children, other family members, and friends of homebound persons rest assured that if they cannot check up on their loved one each day, the Meals on Wheels staff makes sure that everything is all right.
- Independence- Meals on Wheels allows these people to remain in their homes and in their own neighborhoods rather than in assisted living facilities or nursing homes. It allows them to remain as independent as possible for as long as possible.

Weekend meals are available to those who are homebound and at risk of institutionalization.

## Who is eligible for Meals on Wheels?

Applicants must be residents in the county which they are apply in, age 60 or older. They must be homebound, unable to attend a local Senior Activity Center, unable to cook for themselves and have no one regularly to cook for them.

Eligibility is not based on ability or inability to pay. There is a suggested donation for the number of meals received.

## How do I apply?

Call 479-968-5039 to get the process started. Referrals for service can come from virtually any source: doctors, social workers, neighbors, relatives, or friends. Or you may call to set up service for yourself. An Area Agency on Aging case manager will visit with you in the home to determine eligibility and to explain the program.

## Frequently asked questions about delivery

### When are meals delivered?

- Meals are delivered between 10 a.m. and 1 p.m.
- You must be home to accept the meal. Meals will not be left outside or with neighbors.
- Please call ahead of time if you know you will not be home to receive a meal.
- Meals are not delivered on weekends. However, eligible clients may receive 2 frozen meals during the week for the weekend use. Clients receive frozen or shelf stable meals for holidays or when there is not regular delivery.

**What if the weather is bad and the staff can't deliver?** Very rarely, the weather keeps our drivers from delivering meals. Anticipating such events, we supply every Meals on Wheels client with frozen or shelf stable meals to be used when road conditions do not allow regular delivery.

**Can I receive Meals on Wheels only for a little while?** Yes. Most Meal clients receive meals on a permanent basis, but some clients apply for meals only for short periods. People recovering from hospitalizations for example, may ask for meals for only a few weeks.

**Who pays for Meals on Wheels?**

While all recipients are encouraged to donate toward the cost of meals, no one is denied service based on income. The program is partially funded by federal and state funding. The program depends on private contributions for the remainder of its operating costs. To donate, please contact your local Senior Activity Center.