

Meals on Wheels Program for Seniors

Meals on Wheels, also known as Home Delivered Meals, is a service available to help older people maintain their nutritional status and overall independence. In addition to providing hot, nutritious meals 4 times per week, people receiving the meals are greeted by friendly staff that provide regular interactions and a way to help ensure the ongoing wellbeing of those receiving meals. Over the past 40 years, the goals have remained unchanged: help reduce hunger, promote socialization and health and delay adverse health conditions. For these reasons, Meals on Wheels are a key gap-filling service for individuals who, for whatever reason, may not be able to access other services. Many older adults and/or their family members often find the support from this program to be very helpful.

The service is not means-tested, which means there are no financial eligibility criteria that need to be met. However, functional eligibility criteria do apply. To receive home-delivered meals, an individual must be assessed to be homebound or otherwise unable to obtain and prepare meals for themselves.

We are at a time in history where local, state and federal budgets are tighter than ever, and our leaders are trying to find ways to cut back and streamline operations so that negative impacts made will be minimized as much as possible. However, there is strong county support for programs for seniors, particularly Meals on Wheels, which is funded with Federal, state, and county dollars, and program participant donations.

If you or someone you know is interested in receiving home delivered meals or want to learn more about the program, please call the Aging and Disability Resource Center of the North at 1-866-663-3607.