



## Eligibility Requirements

Individuals are eligible to receive MEALS ON WHEELS if they meet the following criteria:

- 60 years of age or older, or the spouse of someone 60 years of age or older
- Unable to leave their home under normal circumstances
- Unable to prepare meals or obtain food
- Unable to dine at a Senior Luncheon Site
- No person is available who would be



## Home Delivered Meals

In much of the area we serve, we deliver hot noon meals five days per week. This is the main meal of the day. Frozen Meals are available for weekends and holidays as needed.

In some rural areas, our clients are served



## Congregate Meal Sites

The MEALS ON WHEELS program provides meals for more than **15** meal sites throughout the 4 counties we serve. These Meal Sites provide Food and Fun for Seniors 60 years of age and older. Reservations are made in advance at all meal sites. Some sites meet once a month and some sites meet five days per week. Call 1-800-632-7334 for information on a meal site near you.



## Short Term Needs

Many people receive MEALS ON WHEELS for two to four weeks due to illness or following hospitalization and/or surgery.



## Client Suggested Donations

The actual cost of each meal served averages **\$6.58** per meal. The suggested contribution, for eligible seniors, is **\$3.00** per hot meal. This applies to both Congregate Meal Sites and Home Delivered Meals.

No one is denied service because of an inability to contribute.

All donations are used to purchase additional meals, and minimize the necessity for waiting lists.

The charge for congregate meal site



## Special Diets

Strict therapeutic diets are not available.

A few changes are made for diabetics and those requiring mechanically adjusted meals.

All meals have reduced sodium.

Hot or frozen meals are available.

Skim milk is served upon request.



## Menu Pattern

Menus are designed to contain a wide variety of well-balanced nutritious meals. Each meal consists of a protein-rich entree,



## How to Arrange for Services

Service may be initiated by calling the MEALS ON WHEELS office in your local community.

Referrals are accepted from individuals, family members or any medical care providers.



## Private Pay Home Delivered

Private Pay Alternative are available for individuals who do not qualify for the regular grant program. Home delivered meals can be purchased for **\$6.50 +tax** per meal for those individuals who are not otherwise eligible but have a need for additional home delivered

## Volunteers

Most meals are delivered by a dedicated caring group of volunteers that provide warm smiles, kind words, and friendship. If you are interested in helping your neighbors, please contact your local MEALS ON WHEELS office.



**Donations to  
Meals on Wheels of NMCAA**

Donations can be made to the  
MEALS ON WHEELS Program

by sending a check to:

3963 Three Mile Rd.

Traverse City, MI 49686

or calling 1-800-632-7334

Donate online @

[www.mealswheelslove.org](http://www.mealswheelslove.org)

Serving homebound seniors in  
Grand Traverse,  
Leelanau, Missaukee  
and Wexford Counties

**MEALS ON WHEELS  
OF NMCAA**

**Funded by:**

Area Agency on Aging  
of NW Michigan

Aging & Adult Services Agency

**With generous support from:**

Grand Traverse County COA

Leelanau County COA

Wexford County COA

Addison-Wilbur Fund

DTE Energy Foundation

Meals on Wheels America

Michigan Health Endowment Fund

Oleson Foundation

The Art and Mary Schmuckal  
Foundation

John and Matilda Shumsky  
Foundation

**4 County  
Meals on Wheels  
Service Area Contacts**

Visit us on the internet

[www.nmcaa.net](http://www.nmcaa.net)

**Meals on Wheels  
of NMCAA  
3963 Three Mile Rd.  
Traverse City, MI 49686**

To arrange for service or inquire  
about volunteering, please call us at:

**Grand Traverse and  
Leelanau Counties  
phone (231) 947-3780**

**Missaukee and  
Wexford Counties  
phone (231) 775-9781**



**MEALS  
ON  
WHEELS**

A service provided by  
Northwest Michigan Community  
Action Agency

