

Meals on Wheels

Meals on Wheels provides home delivered meals to people of any age who are having difficulty preparing nutritious meals for themselves. You can begin receiving hot, nutritious meals in just 2 business days.



Volunteers will deliver your meals to your door Monday through Friday except for holidays observed by Family Service. You have the option of receiving just a hot noon meal or you can choose to have a cold sack supper delivered with the hot noon meal.

Your meals can be delivered 5 days a week or you can choose fewer days. We know that from time to time people need to cancel meal delivery for a particular day. If you notify us by noon the day before, we can cancel your meal for that day at no cost to you.

Who's Eligible?

- Those living in Champaign, Urbana, or Savoy
- Those with short-term needs due to pregnancy, injury, vacation of a caregiver, etc.
- Those with long-term needs due to physical or mental impediments to be able to shop or cook safely

What Does it Cost?

- Hot Noon Meal - \$6.30
Modified - \$7.30
- Hot Noon Meal with Sack Supper - \$8.85
Modified - \$9.85

The **Hot Noon Meal** includes an entrée, two sides, ½ pt. 2% milk, salad, dessert, bread, margarine

The **Sack Supper** includes 8 oz. of broth soup, a sandwich, and a piece of fresh fruit

A **Modified Meal** includes specially prepared items for those who need diabetic, low cholesterol, or low sodium items. It can also accommodate those who want to designate particular foods they do not want included in their meals.

How Will I be billed?

Bills will be mailed the 10th of each month for the previous month's meals and are due upon receipt. Bills will be sent to the client's home unless other arrangements have been made.

Where are the Meals Prepared?

The staff at the Florida Avenue Residence Hall at the University of Illinois are now preparing the meals for us daily and the response of our clients to this new arrangement has been overwhelmingly positive! Heartland Health Care continues to prepare the meals for us during times when the University is closed so there is no disruption of service during University breaks.

Call the Senior Resource Center at **352-5100** for more information or to start your Meals on Wheels delivery.