



Meals on Wheels, Healthy Food Delivered with a Smile

The Council on Aging and our partners deliver meals to the most high-risk seniors throughout the tri-county. It's the first and one of the most effective lines of defense in avoiding additional healthcare costs for older adults. Each delivery comes with a safety check and an assessment of any changes that might impact a client's quality of life.



WHO QUALIFIES?

- Adults 60 and older who are homebound or have difficulty shopping or cooking for themselves.

HOW TO APPLY

- Contact Council on Aging at (541) 678-5483.
- After an initial phone call, our case managers will visit the home to assess eligibility.

DID YOU KNOW?

- Meals on Wheels home-delivered and prepared meals significantly improve a participant's diet and nutrient intake and reduce their food insecurity risk.
- Volunteers who deliver the meals also provide wellness checks and peace of mind.
- 92% of Meals on Wheels recipients say the program allows them to continue living in their homes.

THE COUNCIL ON AGING DELIVERED MORE THAN **90,195 MEALS** TO SENIORS BETWEEN JULY 2021 – JUNE 2022.

IT TAKES A VILLAGE

The Council on Aging and local partners have managed the Meals on Wheels program in Central Oregon for nearly 50 years. Our Meals on Wheels partners include the Redmond Senior Center, La Pine Activity Center, Prineville Senior Center Charitable Trust, and Jefferson County Senior Center.

WANT TO BE A MEALS ON WHEELS VOLUNTEER?

Contact volunteer@councilonaging.org, call (541) 678-5483, or visit www.CouncilOnAging.org/Volunteer

