



Meals on Wheels is a neighborhood service that conveniently delivers fresh, nutritious meals directly to your home. Volunteers who deliver the meals also offer a friendly daily visit. Meals on Wheels regularly provides the healthy foods you want, allowing you to live independently in your own home.



serving up
SMILES



MEALS ON WHEELS
1200 Washington Ave South, Suite 380
Minneapolis, MN 55415

Convenient, Nutritious Meals

Here are just a few of the many benefits Meals on Wheels provides:

- Freshly prepared meals without preservatives, made in local kitchens
- Balanced meals with healthy portions plus fruit or dessert and a beverage
- Low-sodium, low-sugar (diabetic) and vegetarian options
- Convenient delivery options, including daily hot meal delivery or the same great meals frozen and delivered weekly
- Friendly visits from meal delivery volunteers

Meals on Wheels also offers expanding menu options such as kosher and Somali/Halal meals. Ask us about availability.

How to Receive a Meal

There are three ways to get started:

- Visit meals-on-wheels.com/sign-up/recipient and fill out the online form
- Call us at **612.623.3363**
- Email us at info@meals-on-wheels.com

Our friendly staff will work with you to understand your dietary and meal delivery needs, and payment options. If you cannot make the call yourself, a family member, friend or caregiver may call on your behalf.

Fresh food,
friendly visits,
delivered at
your door!

Am I Eligible to Receive Meals?

Whether you want the convenience of a healthy and ready-to-eat meal, or are unable to prepare nutritious meals for yourself, you can receive meals from Meals on Wheels! Meals are available both on a long-term basis and temporarily if you are recovering from surgery or illness.

Fresh Food, Great Value

Meals on Wheels provides excellent value for what you receive – a freshly prepared, ready-to-eat meal delivered right to your door. Meals are priced affordably and your budget influences how much you will pay.

Call us today at 612.623.3363!

Delivery Options

- Regular hot meal delivery Monday through Friday between 11 a.m. and 1 p.m.
- Weekly delivery of frozen meals
- If requested, additional meals can be delivered during the week for use on holidays and weekends.

A TRULY WELL-ROUNDED MEAL:
Every meal comes with friendly interaction from delivery volunteers!



Call 612.623.3363 or visit meals-on-wheels.com to get started