

Meals on Wheels and More

Meals on Wheels • Senior Community Meals • Nutrition Education



Meals on Wheels Information

Meals on Wheels provides home delivered meal service to homebound individuals in Whatcom and San Juan Counties who are 60 years of age or older. Our goal is to help seniors who are unable to prepare nutritious meals remain healthy and independent.

Who is eligible for Meals on Wheels?

Individuals living in Whatcom or San Juan County who are:

- Age 60 years or older **and**
- *Homebound **and**
- Unable to shop for and/ or prepare healthy meals for themselves because of a disabling condition, lack of knowledge or skills, lack of means, or lack of incentive.
- Spouses/ Partners, Disabled Dependents, and Unpaid Caregivers of eligible participants are also eligible to receive meals

*We define "homebound" as usually unable to leave home without assistance.

The Meals

- We offer up to 7 meals per person per week.
- The majority of meals we provide are nutritionally balanced frozen meals delivered weekly by dedicated volunteers and staff. Participants may select from a menu of over 30 delicious, nutritionally balanced meals. Meals can be heated in the microwave or in a conventional oven. The meals are designed to meet at least 1/3 of the nutritional requirements of older adults. Meals on Wheels meals are also low in fat, cholesterol, sodium and spices and are suitable for use in a diabetic meal plan.
- Meals are typically delivered once per week on Tuesday or Thursday (Whatcom) and come with reduced fat milk and whole grain bread.
- If you live outside our delivery area, you can arrange for someone to pick up your order. Our office is located downstairs in the Bellingham Senior Activity Center: **315 Halleck Street, Bellingham, WA. 98225.**



How do I sign up to receive Meals on Wheels?

- Call the Meals on Wheels and More office:

Monday through Friday

9:00am to 3:30pm

Phone: 360-746-6480

- Our staff will gather basic information and set a delivery date to get you started! We usually send an assortment of meals for your first order.
- A Meals on Wheels Assessor will make an appointment to visit you after you have received your first order to discuss the meals and other services.

How much will I be charged for the meals?

- Meals on Wheels meals are offered on a donation only basis. We suggest a donation of \$3.00-\$5.00 per meal or **Whatever is Affordable**. Client donations help us cover the cost of providing the meals. We accept donations by cash or check.
- **We will still deliver meals to you regardless of your ability to donate.**

How do I donate for my meals?

You can give your donation to the delivery driver or mail a check made out to:

Meals on Wheels and More

315 Halleck Street

Bellingham, WA. 98225

If I am not homebound, are meals available to me?

Meals on Wheels and More **also** offers persons age 60 and over freshly prepared, donation-based, nutritionally balanced meals during the noon hour at 12 meal sites throughout Whatcom and San Juan Counties. Reservations not required.

For more information about Meals on Wheels and More services, please call:

360-746-6480, or go to our website: www.wccoa.org.

Meals on Wheels is a program of the Whatcom Council on Aging, a 501(c)3 nonprofit organization.