



MEALS on WHEELS

Apply Yourself or Refer Somebody

To Receive Meals

What is Meals on Wheels: We deliver 7 nutritious meals once-a-week to you at home.

Eligibility: ■ Anyone age 60 or older

■ Homebound – dependent on others for transportation

■ Unable to prepare meals and no one available to prepare meals

To Apply or Refer Somebody: Please call Meals on Wheels at (510) 412-0166, Monday through Friday, between 8 a.m. to 2:30 p.m.

Contactless Delivery: We use social distancing to deliver meals to you.



Meals on Wheels
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