

Meals on Wheels Program Information

(510) 412-0166

Client Eligibility: Individual must be 60 years or older, frail and homebound, no longer driving, unable to prepare or shop for meals and does not have a paid caregiver providing meals.

Type of Food Served: (Regular, Regular with Fruit, Low Sodium)

- All menus provide 1/3 requirement for calories, protein, vitamins and minerals
- No added salt
- Each meal contains 20 mgs of vitamin C
- A food source rich in vitamin A is served three times a week
- Low fat milk is served with each meal
- Substitutions are not available
- The meals are nutritionally balanced

Regular Meal

- Provides about 800 calories, is low in fat (20 grams) and sodium (1000 mg)
- It is appropriate for most clients who have no dietary restrictions
- Dessert is fresh fruit, canned fruit, or a sweet dessert once a week

Regular Meal with Fruit

- Provides about 800 calories, is low in fat (15 grams) and sodium (900 mg)
- Dessert is fresh fruit or canned fruit with no added sugar

Restricted Sodium

- Provides about 800 calories, is low in fat (15 grams) and sodium (700 mg)
- This is a very restricted amount of sodium, a physician approval is required
- Appropriate for people with congestive heart failure or renal disease
- Dessert is fresh fruit or canned fruit with no added sugar

Important Facts

- Meals are delivered Monday through Friday between the hours of 11:00 AM to 1:00 PM
- Meals are to be eaten that day or within 2 days. Discard old and uneaten meals
- If not eating the meal right away, place in the refrigerator
- Weekend meals (Saturday and Sunday), if needed, are delivered frozen along with Friday's meal. The meals are microwavable or oven reheatable. Instructions are on meal labels. Holiday meals are also available and are delivered frozen prior to the holiday.