



**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 the client's 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 9 a.m. and 2:30 p.m.

**Contactless Delivery:** We use social distancing to deliver meals to clients.



**Meals on Wheels  
West Contra Costa Region**  
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