



FAQs

Last Updated: 6/2011

What is Meals on Wheels?

Meals on Wheels is a community service that delivers nutritious meals to your home with the help of community partners, staff, and dedicated volunteers. It is a program that was started in the 1970s to help elderly neighbors, family, and friends stay independent in their homes for as long as possible. It is supported by funding from local corporate, individual donors, client contributions, and federal programs like Medicare/Medicaid and the Older Americans Act.

Who is eligible to receive meals?

Generally, if someone is unable to prepare a nutritious meal, and they are elderly, homebound, or disabled, they are eligible. Each MOW program coordinates service based on each client's needs.

What is the cost of a meal?

The full cost of a home delivered meal ranges from \$5-10 in the Twin Cities but a sliding scale fee is available to those with limited incomes. Additional subsidies may be available to clients based on certain eligibility criteria.

What is in a meal?

A sample meal includes one entrée, 2 sides (vegetable & starch), fruit or dessert, roll and milk. Most programs also offer low-sodium or diabetic meals. There are specific programs that offer Kosher, Cultural, and meals recommended for people living with HIV/AIDS, ALS, and Cancer.

When are meals delivered?

Meals are delivered between 11AM-Noon, Monday-Friday. Actual delivery time depends on the MOW program and the recipient's location within the delivery route.

- *Daily, Hot Delivery*
 - This is the standard Meals on Wheels delivery model. 5 days a week, over the lunch hour, and delivered hot and ready-to-eat with interaction from a caring volunteer.
- *Weekly, Frozen Delivery*
 - This is an option in most MOW programs across the Twin Cities. 5-7 frozen meals are delivered once a week. Limited contact with delivery driver or volunteer. This option may be appropriate if a recipient is somewhat mobile and active, can safely operate microwaves and ovens, has regular social contacts but still requires or would like help with meals.

How long can someone receive meals?

Meals can be received for any time period, short-term or long-term. In addition, if a meal needs to be cancelled on any given day, this is coordinated by notifying the MOW program coordinator in advance.

What are the benefits to receiving Meals on Wheels?

Choosing to receive Meals on Wheels is an active step towards a healthy lifestyle and prolonged independence in an individual's own home.

- *Benefits to Recipient*
 - Daily hot meal. No warming or preparation needed. (May have option to receive a weekly delivery of frozen meals)
 - Controlled nutrition with specific diets available.
 - Daily visit from a friendly volunteer
- *Benefits to Caregivers of Recipients*
 - Monitored nutrition for your loved one.
 - Peace of mind knowing your loved one receives a daily visit from a volunteer.
 - A source of support for the caregiver.

