



1200 Washington Ave. S., #380,  
Minneapolis, MN 55415

Receive A Meal & Learn More:  
612.623.3363  
info@meals-on-wheels.com  
www.meals-on-wheels.com

## Senior Services Consortium of Ramsey County

The Consortium is a network of school districts and community-based organizations serving home-delivered meals and providing other services to the residents of Ramsey County.

**Jewish Community Center**  
651.255.4734

**Keystone Community Services**  
651.645.7424

**Merrick Community Services**  
651.771.9339

**Mounds View School District**  
**Meals on Wheels**  
651.621.7431

**Neighborhood House**  
651.789.2541

**North St. Paul/Maplewood/Oakdale  
School District**  
651.748.7250

**Roseville Area Schools/Senior Program**  
651.604.3524

**West 7th Community Center**  
651.298.5493

**White Bear Area Senior Program**  
651.653.3123

**Wilder Home Services**  
651.280.2500



# Meals Wheels

*of Ramsey County*

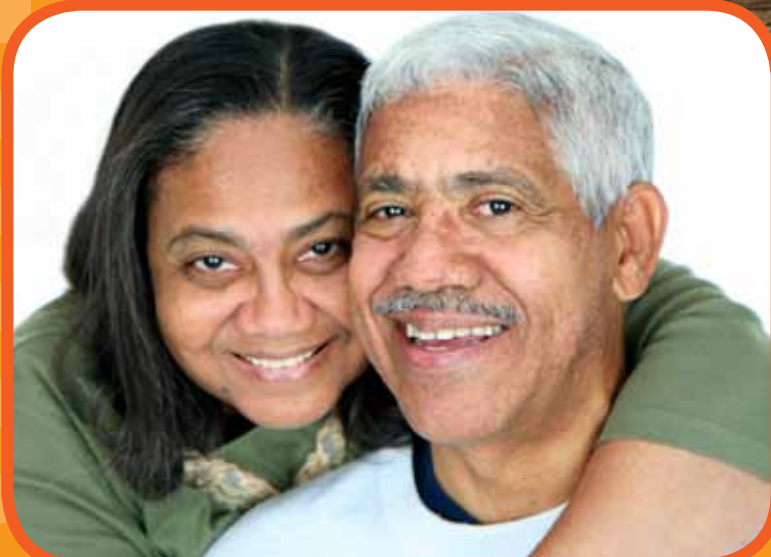
*Meals on Wheels is a quality,  
affordable, nutrition program.*

**Offering Choice,  
a Daily Safety Check  
and Connections  
to Community Services**

*Delivering Meals & More for over 30 Years!*

# What is Meals on Wheels?

**Meals on Wheels** provides nutritious home-delivered meals to the residents of Ramsey County. Meal recipients can have their meals delivered hot, fresh, or frozen. Volunteers from the community deliver meals with a smile and friendly check-in for your well being. Ramsey County Meals on Wheels programs partner with local kitchens and Open Arms of Minnesota to cater meals made from scratch with local, organic ingredients from Minnesota farms.



## Meal Options

By partnering with Open Arms of MN, the Meals on Wheels programs in Ramsey County can bring you a variety of meals options:

### Regular

(made with local, organic ingredients)

### Culturally-Specific

(African, Latino, and Asian)

### Kosher

### Diabetic

### Low-Salt

### Mild

(less spicy/acidic)

### Soft

(for problems chewing/digesting)

### Kid Friendly

(for young visitors)

### Vegetarian

### Gluten free

### Renal



## Pricing Information

Options and costs of a Meals on Wheels meal can vary across members of the Consortium. In addition, there may be financial assistance available to offset meal costs. Please contact your local Meals on Wheels program by calling **612.623.3363**.

## Delivery Options

Meals on Wheels staff members are here to help you determine the best nutrition and delivery option that meets your needs.

### Daily, Hot Meal Delivery

A ready-to-eat, hot meal is delivered over the lunch hour by a volunteer from your community.

### Daily, Fresh Meal Delivery

A fresh meal delivery follows the menu of the hot meal delivery, but it is not hot when it arrives. The fresh meal comes with instructions on storing and heating the meal when you're ready to enjoy it.

### Weekly, Frozen Meal Delivery

A weekly delivery of multiple frozen meals may be the right option for you if you do not require a daily visit and are comfortable managing the preparation of your frozen meals with the microwave or oven.

