

Am I eligible to receive a meal?

You may receive home-delivered meals if you are:

- Homebound; or
- An unpaid caregiver caring for an individual over 60 or disabled and unable to prepare meals.

Or you are welcome to attend a dining center if you are:

- 60 years of age or older; or
- You are the spouse of an individual over 60 years and accompanying them to the center; or
- Under the age of 60 and willing to pay the full price of the meal.

Can I receive multiple meals at one time?

You may receive Multiple Home Delivered Meals if you:

- Live at a rural residence
- Are homebound; or
- An unpaid caregiver caring for an individual over 60 or disabled and unable to prepare meals.

How do I receive a meal?

Call 785-430-2186 or email us at mow@mowks.org to arrange for an appointment to enroll.

Since 1972, Meals on Wheels of Eastern Kansas, Inc. has delivered fresh, hot, healthy meals to homebound individuals. Meals are also prepared for dining centers throughout our communities.

Meals on Wheels exists to nourish the elderly and/or homebound people in our community.



2134 SW Westport Drive
Topeka, KS 66614

Meals on Wheels of Eastern Kansas, Inc. does not discriminate on the basis of race, religion, color, sex, sexual orientation, gender identity, age, national origin, citizenship, pregnancy, disability, military status, genetic information or any other classification protected by applicable local, state or federal law is also prohibited.



MEALS on WHEELS
EASTERN KANSAS



**Meals on Wheels of
Eastern Kansas, Inc.**

785-430-2186

www.mowks.org

There are many reasons to choose Meals on Wheels. Consider your health, your preference and your budget.

For your health, meals are planned by a Registered Dietitian. For your preference, we provide variety in menus. For your budget, we offer affordability.



How Can Meals on Wheels Help Me?

Hot, nutritious meals delivered daily to your home, can assist you in:

- remaining independent in your home
- avoiding hospitalizations
- managing chronic health issues, including special diets necessary for diabetes, heart-related, renal and swallowing complications
- ensuring your safety at the time of meal delivery

Enjoying your meal in an inviting and friendly setting at any one of our dining centers. While there, you will have opportunities, such as:

- socializing with and making new friends
- participating in activities
- receiving nutrition education

Weekly home deliveries of multiple frozen meals to residents outside of the city limits, benefit you by:

- allows you to remain in the comfort of your home
- accessing a variety of meals, when you want them
- supporting your nutritional needs

Can I afford Meals on Wheels?

Home Delivered Meals

- Based on a sliding scale
- Funding may be available for some
- Donations are encouraged

Congregate Dining Centers

- Donations are encouraged, no set fee

Multiple Home Delivered Meals

- Based on a sliding scale
- Funding may be available for some
- Donations are encouraged