



### What is included in the meals

**The hot noon meal includes:**

- Entree 4 oz.
- Carbohydrate (potato, rice, noodle)
- 1/2 cup Vegetable
- 1/2 cup Salad
- Roll & butter
- Decaf, Coffee, or Tea 1 pkt.

**The refrigerated evening meal includes:**

- Hearty soup, stew, or sandwich
- Crackers
- Fruit or Dessert
- Milk - 2%



### What can I do to help?

Volunteers are needed. The success of this much needed nutritional service to people in our community is completely dependent upon our volunteers. The service is entirely volunteer - no one is paid. If you can serve about two hours one day a week or one day a month as a driver, a helper, or a substitute, please call 440-526-2499.

### How can I subscribe for this service?

If you or someone you know would like to subscribe for Meals on Wheels, please contact:

**Department of Human Services**

Brecksville: 440-526-2499

Broadview Heights: 440-526-4685

Service is not provided on New Year's Day, President's Day, Good Friday, Memorial Day, 4th of July, Labor Day, Veteran's Day, Thanksgiving, and Christmas.

**Mailing Address:**

Meals on Wheels, Inc.  
2 Community Drive  
Brecksville, OH 44141-1816

## Brecksville- Broadview Heights

# Meals On Wheels



*"...for I was hungry and  
you gave me food.*

*...I was thirsty and  
you gave me drink.*

*...I was sick and  
you visited me."*



*A meal, a smile and safety check!*

## ***We Are Here To Serve You***

Meals on Wheels is a service designed to enable both seniors and convalescents who are not able to prepare meals or shop for food to lead independent lives. It is a non-profit, ecumenical community service. It is not government sponsored.

### **What services are provided?**

On Mondays through Fridays, a volunteer will deliver two meals for each client. One is a hot noon meal, and the other is a refrigerated meal to be eaten later in the day. Regular meals are well balanced and nutritious. They are prepared with restricted sodium, low cholesterol, low fat, and no concentrated sugars. In the event you have a restricted diet and/or food allergies, please check with your physician prior to

participation in this program. The most important service our volunteers provide is to establish that each client is safe and sound. Should a problem arise, the volunteer is trained to call for assistance.

### **What is the service area?**

This Meals on Wheels service is provided for the residents of Brecksville and Broadview Heights.

### **Who is eligible for this service?**

Elderly persons who are alone and find it difficult to prepare meals for themselves, those persons just out of the hospital and temporarily unable to manage, the disabled, those who are ill and those unable to shop for food. Individuals may subscribe indefinitely or on a short-term basis. A minimum of two weeks is needed to start the program.



### **What is the cost?**

Brecksville-Broadview Heights Meals on Wheels is a non-profit corporation staffed entirely by volunteers who provide the delivery of meals. Each client is charged \$25.00 per week for the meals. If two people in the same household each receive a meal the cost is \$25.00 per person. It is important that payment is made in advance by Monday of each week at the absolute latest.