

How does a person sign up for Home Delivered Meals?

- Contact the senior center office. The nutrition staff will set up a visit to get personal information.

For Home Delivered Meals:

- Anyone age 60 or over may request home delivered meals for themselves.
- Anyone may make a referral on a seniors' behalf: a friend or family member; doctor or health care staff.
- There may be a waiting list. Be sure to call as soon as a person is eligible.



Call the Senior Center in
your county:

Dorchester County

410-221-1920

Somerset County

410-651-3400

Wicomico County

410-742-8569

Worcester County

410-632-1277



MAC Inc., Area Agency on

Aging, is a

private non-profit agency supported in part by
the United Way.

909 Progress Circle
Salisbury, MD 21804
410-742-0505
www.macinc.org



Nutrition Programs for Seniors



**Dedicated to serving meals
to those who cannot
serve themselves**

The Nutrition Programs



Eating Together

Congregate lunch meals are served at locations like senior centers. The centers also offer programs and services that help seniors stay healthy, engaged and independent.

Home Delivered Meals

“Meals On Wheels” is a descriptive name for these meals. They are reserved for those who are homebound due to injury or illness. The driver who brings the meal also provides a smile and the daily attention everyone needs.

Nutrition Education

Every participant is screened at least once a year to determine nutrition related problems. A registered dietitian offers nutrition education and individual counseling when requested.

Who is eligible?

....to eat at senior centers?

People 60 years of age or older and their spouse of any age can come to the senior center for meals. There is no income requirement to eat meals.

....to have home delivered meals?

In addition to the above requirements, the program is for homebound people who can't shop for food or prepare meals because of illness and/or chronic physical disabilities.



What's in a standard meal?

Lunch meals are made up a variety of foods to provide at least one-third of the recommended daily nutritional needs.

Sample menu 1:

roast turkey, steamed broccoli, baked potato, creamy coleslaw, peach crisp, 1% milk



Sample menu 2:

Meat or Seafood as protein, sliced bread and margarine garden salad, fresh fruit in season 1% milk

What's on the menu?

Monthly menus are available but no substitutions can be made for food preferences. The menus include a variety of meals: hot, cold, frozen, and shelf-stable meals.

What about special diet foods?

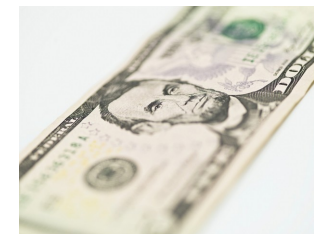
The meal programs aim to address the nutritional needs of all seniors; including people with diabetes and heart problems. No salt is added to foods and nutritional information is available to help those on special diets.

How much do meals cost?

To prepare, package, and serve each meal, it costs about \$6.00.

Seniors or their family are asked to contribute what they can to cover some of the expenses.

A suggested donation is \$2.50 a meal or \$3.00 for delivering to the home. No one is refused meals if they cannot contribute.



Contributions to support meals are gratefully appreciated.

