

## **6 Commonly Asked Questions About Meals on Wheels**

### **1. What is Meals on Wheels?**

A hot, nutritious meal is delivered between 11 a.m. and 1 p.m., Monday through Friday, by a friendly volunteer. In addition to bringing the meal, the volunteer's daily visit provides a safety check for seniors living alone.

### **2. Who is eligible to receive Meals on Wheels?**

This service is for any person age 60 or over who is homebound due to illness or disability and is unable to come to the senior center for lunch.

### **3. What does the meal consist of?**

- ♥ 3 ounces of meat or protein alternative.
- ♥ 2 half-cup servings of vegetables or fruits.
- ♥ 1 serving of whole grain or enriched bread or alternative.
- ♥ 8 ounces of milk.

### **4. What makes Meals on Wheels a valuable service?**

The Meals on Wheels program benefits the entire community. Seniors receiving the meals are provided with a healthy daily meal and brief positive social interaction. Because of this seniors are able to recover faster from surgeries and illness. The social interaction also reduces a feeling of isolation that seniors may experience. This community service helps unite the community and bring to light the value of our seniors and how we can better provide for them.

### **5. What does one do if they are unable to receive meals?**

If you are unable to receive your meal, please call Meals on Wheels at 463-6179, before ten am and let them know.

### **6. When are meals delivered?**

Meals are delivered between 11:30 and 2:00. Although, the goal is to have them to your home between noon and one. If your meal is not delivered, please call Meals on Wheels at 463-6179 and let us know.

## **Meals on Wheels**

**promotes the health,  
independent living and  
quality of life of our  
senior citizens:**

♥ **Nutritious meals speed recovery from surgery or illness and prevent disease.**

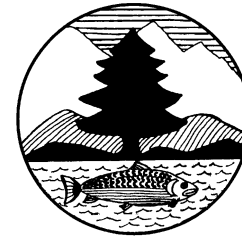
♥ **Our delivery volunteers offer a friendly smile and daily social contact for homebound elders.**

♥ **The delivery person, often the only visitor to the home, provides a vital safety check and referrals to other needed services.**

♥ **Meals on Wheels is a part of the Senior Nutrition Program, operated out of the Juneau Senior Center kitchen by Southeast Senior Services.**

♥ **Since 1973, Southeast Senior Services has provided transportation, nutrition, and other support services to thousands of older Alaskans. Our mission is to assist them to maintain their health and independence.**

## **Meals On Wheels**



### **Southeast Senior Services:**

Serving elders and those who love them.

To arrange meals or volunteer, call 463-6179.

The Meals On Wheels Office is located at:

Juneau Senior Center  
895 West 12<sup>th</sup> Street  
Juneau, Alaska 99801

A program of  
Catholic Community Service  
For more information, check our website:  
[www.ccsjuneau.org](http://www.ccsjuneau.org)