



Meals On Wheels Program

ABOUT MEALS ON WHEELS

Meals On Wheels operates in virtually every community in America through our network of more than 5,000 independently run local programs. While the diversity of each program's services and operations may vary based on the needs and resources of their communities, they are all committed to supporting their senior neighbors to live healthier and more nourished lives in their own homes.

PROVIDING MUCH MORE THAN A MEAL

At the core of the Meals On Wheels service is a nutritious meal, companionship and a watchful eye on the health and safety of our seniors. For those who have trouble getting around, we bring the service to you. For those who can still venture out into their communities, we serve in gathering places, such as senior centers and community facilities.

WHO QUALIFIES

Meals On Wheels focuses on caring for individuals whose diminished mobility makes it hard to shop for food, prepare meals or socialize with others. Generally, programs serve adults 60 and over, although age requirements can vary by program and areas served. People who are mobile enough to join others for meals in a group setting where seniors congregate, like senior centers, are encouraged to do so; while others less mobile may qualify for home delivery.

WHAT YOU NEED TO GET STARTED

Most Meals On Wheels programs begin the process through an application, which may then lead to an assessment of the need for meals and other supportive services. Contact your local program to find out how to get the ball rolling in your community.

VOLUNTARY DONATION

Voluntary meal donations are accepted to offset the cost of a meal. However, it is important to note that in many areas of the country, the need for meals far exceeds the resources available to provide them, leading to wait lists and/or being turned away.

BECOME A MEALS ON WHEELS VOLUNTEER!

Please call the local Meals on Wheels office at (361) 826-4120.

We invite you to serve our community. Visit www.ccparkandrec.com

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The City of Corpus Christi promotes participation regardless of race, color, national origin, sex, age, religion, political belief, or disability. Reasonable accommodations are provided upon request and in accordance with the Americans with Disabilities Act. For assistance or to request a reasonable accommodation, please call 361-826-3460 at least 48 hours in advance. Upon request, this information can be available in large print or digital file.