



MEALS IN A PINCH PROGRAM

What is it?

Meals In a Pinch (MIP) supports seniors by providing occasional nutritious meals. It also provides meals on an emergency basis.

While some seniors need only occasional meals, for others more regular nutritional support helps them remain more independent at home. This program is not a substitute for Meals on Wheels. Transportation is available or meals can be picked up at a central location. If there is an emergency need, HAH will make every attempt to meet that need as soon as possible.

For whom is it appropriate?

Some of the reasons a senior may benefit from MIP include:

- limited access to food due to finances, difficulty getting groceries, inability to cook, not motivated or able to prepare/eat healthy meals
- recent hospitalization or sickness of caregiver
- to support of the demands of caregiving

How it is accessed, what is the process and who may request this service?

Seniors or others who support them may call to request meals. There are no financial guidelines. The program coordinator will talk with them about their request, the circumstances leading to the request and any specific needs (dietary restrictions, transportation needs, etc.).

If the request is more than what can be supported by Harpswell Aging at Home's or if there are other programs in the area which may be helpful for this senior, the coordinator will suggest them.

Requests may be made by phone or email to Julie Moulton at 207-330-5416 or juliemoulton28@gmail.com