

Meals on Wheels

For decades, Southern Maine Agency on Aging has been providing nutritious and delicious home-delivered meals to homebound older adults in Cumberland and York counties.

Our program provides up to five meals each week to each participant in the program. Volunteers and Agency staff deliver five meals on Tuesdays or Thursdays and generally arrive between 10:30a.m.-12:30p.m. Meals are delivered frozen. If a hot meal is needed Southern Maine Agency on Aging's "Warming Crew" will come to the home and heat the meal. For clients who can heat their own meals but would like a daily wellness check we also provide "Phone Pals" who will make daily check-in calls.

Our program is more than just a meal; it is also a wellness check and friendly visit. Volunteers and staff are trained to make sure that clients are safe when they make their delivery. This brief check helps to provide peace of mind to our clients and their families.

Southern Maine Agency on Aging is a member of:



About our Food

All meals provided through our Meals on Wheels program are approved by a Maine registered dietitian. The food is prepared in USDA inspected kitchens through a local Maine company. Each meal is designed to meet one-third Federal Dietary Reference Intake (DRI) for a healthy and balanced diet. Meals are freshly prepared and ready to eat when convenient for participants.

Our entrées generally feature a protein main dish, a side dish, and a vegetable. The meals are also served with a small loaf of bread. Clients can also receive one quart of milk per week.

We currently have several meal options available for those with dietary concerns: standard, low sodium, vegetarian, gluten-free, and pureed meals. If you have any additional dietary concerns, please contact us.

What Does Meals on Wheels Cost?

There is no income eligibility requirement for Meals on Wheels. We recommend a \$3.50 per meal donation in order to keep the program going. However, donations of all sizes are welcome and no one will ever be turned away if unable to contribute at the selected rate.

Do I Qualify?

As a result of COVID-19, the current eligibility requirements for Meals on Wheels are:

- **60 and older AND homebound due to illness or social distancing.**
- **Under 60, on SSDI and having difficulty preparing meals and homebound due to illness or social distancing.**
- **Under 60, on SSDI and living with someone who is receiving Meals on Wheels and homebound due to illness and social distancing.**

Traditionally, you may qualify for our Meals on Wheels program if you are:

- Age 60 or older
- Primarily homebound or getting out with difficulty
- Unable to regularly prepare nutritious meals
- Able to accept meals during the delivery time frame
- Agree to an in-home nutritional assessment (An in-home nutritional assessment will be completed within 9 business days of the first delivery to determine full eligibility.)

Do you have a short-term need? Sometimes a temporary health problem is all it takes to disrupt the normal cooking routine - just when good nutrition is necessary to heal and recover from surgery or illness. Meals on Wheels can help, even on a short-term basis.

If you do not qualify for Meals on Wheels, but are interested in home-delivered meals options, [Simply Delivered for ME](#) meals are available.

How Do I Sign-Up?

To sign-up for Meals on Wheels, please use our on-line registration form by [visiting this link](#). You may also call our main office at 1-800-427-7411. Delivery is available in York and Cumberland counties only (No delivery to the Brunswick area).