

Nutrition Services

Meals on Wheels

Eligibility

- Age 60 + who are considered to be home-bound due to disability, illness, mental disability or other ailment that restricts their mobility and/or ability to shop, cook, and/or feed themselves.
- Spouse of participant regardless of age
- Disabled individuals under the age of 60 residing with a participant or at a housing facility occupied by older individuals at which congregate meals are served

*Proudly serving Logan and
Mason Counties*

It is the mission of CAPCIL, in partnership with communities in our service area, to empower persons with low income and the aged by creating and implementing poverty-fighting initiatives for those in crisis and those that endeavor a life of lasting independence.



Area Agency on Aging
for Lincolnland

Senior Nutrition is partially funded by Area Agency on Aging for Lincolnland and the United Way of Logan County.

CONTACT US

CORPORATE OFFICE:
1800 5TH STREET
LINCOLN, IL 62656
217-732-2159

WWW.CAPCIL.INFO





The Mission of Nutrition Services is to provide supportive services that enhance the lives of those we serve. It is our goal to provide well-balanced, proportioned meals, paired with education and events that encourage healthy socialization and happy lives.

INTRODUCING OUR...
**Brand new
 Subaru Outback**

Thanks to Meals on Wheels of America and Subaru of America for granting CAPCIL this brand new Subaru to serve an additional 15 customers every day.

Meals are provided for home delivery or for congregate sites at various locations throughout Logan and Mason Counties for a suggested donation of \$3.00.

No participant will be denied a meal for inability to pay. To participate each individual must complete an assessment. Call toll free 877-588-7189 or 217-732-2159 to set up an appointment. Find additional information at our website: www.capcil.info.

Each meal provides 1/3 of the daily dietary requirements and is approved by a registered dietitian.

Home Delivered Meals

- Provides 5 nutritious meals a week
- Delivery days are Monday (2 meals), Wednesday (2 meals), and Friday
- Available short or long term
- Provides safety/wellness checks allowing participants to remain in their home
- Helps assure families that their loved ones receive proper nutrition
- Provides education

Congregate Meals

- Provides a nutritious meal
- Promotes socialization and activities
- Provides education

Locations & Times

- Friendship Manor (925 Primm Rd. Lincoln): M-F 12:15-12:45
- Logan Courts Highrise (1028 N College St. Lincoln): M-F 11-11:30
- The HUB (110 E Chestnut St. Mason City): T&TR 11-11:30
- Forman Center (308 S Harrison St. Manito): M, W, F 11-11:30