

Mobile Meals of Oklahoma County

Mobile Meals is a cooperative effort between 80 local churches to provide 132,500 nutritious hot meals to over 900 homebound elderly individuals in Oklahoma County annually.

Through your donation to Mobile Meals, prohibitive community health care costs are kept down and the need for nursing home care is reduced. Health, independence, dignity, and well-being for our elderly citizens are provided, thus improving the quality of life for the entire community.



(405) 607-2314

mobilemeals@coxinet.net



Mobile Meals of Oklahoma County
(405) 607-2314

mobilemeals@coxinet.net



*Funding Provided by
Areawide Aging
Agency State of
Oklahoma
(DHS-SUOA)
Older Americans Act*

*Mobile Meals of
Oklahoma County*

(405) 607-2314
mobilemeals@coxinet.net

Volunteers

Do you like to shop, cook, drive, make new friends, collect recipes, talk on the telephone, type, record keeping, and organize?

If you answered yes to any of these questions, we would love to hear from you!



We can offer you flexible hours, a challenge, new learning experiences, and most of all FUN!

Organizations throughout the Oklahoma County community can use your help in feeding our elderly homebound neighbors.

Give a gift of yourself by calling:

**Mobile Meals of Oklahoma
County**

(405) 607-2314

mobilemeals@coxinet.net

Participating Organizations

Religious institutions, civic organizations and businesses mobilize meals throughout Oklahoma County.

Volunteers from these organizations plan menus; purchase food; and prepare, serve and deliver hot, well balanced meals from one to five days a week.

Meeting the nutritional needs of the elderly is only a part of what these organizations provide. They also bring hope each time a volunteer knocks on a door.

Won't you join us in this outreach to our elderly? Let us send you more information—just call: (405) 607-2314



Mobile Meals does not discriminate in admissions, access, treatment or employment in its programs or activities on the basis of race, creed, color, sex, age, ancestry, national origin, religions or handicap.

Recipients

If you or someone you know is 60 years or older and is unable to provide a meal for themselves, they maybe eligible for Mobile Meals benefits.

When an elderly person is approved for nutritional assistance, churches from their own neighborhood work to provide a well-balanced meal to meet their needs.

In this way, seniors can remain in their own homes, and enjoy the independent lifestyle to which they are accustomed.

**For more information, or to
refer someone you know, call:
(405) 607-2314**