

Meals On Wheels

FACT SHEET

"Delivering Meals, One Smile At A Time!"

Visiting Nurse Service of Rochester created the Meals On Wheels program in 1958 to meet the nutritional needs of the growing number of homebound residents in Monroe County. This program was the third home-delivered meal program in the United States. It was the first in New York State to be accredited by the Meals On Wheels Association of America and is one of only 20 programs in the United States to be Magnet Accredited.

Meal Recipients:

- More than 220,000 meals served annually
- More than 800 recipients are currently enrolled
- More than 1,400 people were served in 2016
- Millions of meals served since 1958

Recipients' Eligibility: Anyone can request Meals On Wheels service: friends, family, physicians, or recipients themselves. No person is denied service on the grounds of race, color, religion, sex, national origin, disability or marital status. To be eligible for subsidized meals, recipients must have a medical condition that puts them at nutritional risk.

Meals: All meals are prepared under the supervision of professionally trained personnel and monitored by a Registered Dietitian. All meals are lower in sodium and fat than commercially prepared meals. Delivery options include:

- Daily meals – which can be modified to meet a variety of medical needs
- Weekly meals – frozen meals and groceries
- Weekend meals – frozen meals delivered during the week
- Kosher meals – prepared by the Jewish Home of Rochester

Volunteers: Caring volunteers are vital to the Meals On Wheels program. They deliver nearly all meals.

- Up to 200 volunteers are needed each day to deliver meals
- More than 2,400 volunteers deliver meals each year
- Volunteers provide a daily check of the well-being of the recipient
- Companies and groups can "Adopt-A-Route" and share a weekly lunchtime commitment.
- With a team of 10 or more members, each individual is scheduled to deliver about once a month.
- It takes approximately one hour to deliver a route. People can volunteer weekly, monthly, seasonally—whatever their schedule allows.

Funding: A limited amount of financial aid is available to individuals who qualify for subsidized meals.

Funding is provided through a variety of public and private sources, including the Monroe County Office for the Aging (Federal and State funds), the United Way, and community donations. Because our area's need currently outpaces economic resources, we have a waiting list for subsidized meals. In order to reduce this funding gap and serve more people, donor support is critical.

Contact information: www.urhomecare.org

- To donate: 274-4253
- To volunteer: 787-8326
- For service: 787-8397

**2180 Empire Boulevard
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Home Care