# How is this service made possible?

VOLUNTEERS make this service possible. Volunteers are needed to drive this program. One hour a week can make a big difference.

Join our TEAM on-line volunteer registration





All contributions, memorials and gifts to the LaPorte County Meals on Wheels, Inc. are appreciated and are tax deductible.

DONATE HERE

Michigan City Office— (219) 872-9117 Fax: (219) 872-9118 301 E. 8th St. Suite 110 HOURS Monday—Thursday 9 am—4 pm Friday 9 am—2:30pm

La Porte Office—(219) 369-3486 901 Lincolnway HOURS Monday-Friday 9 am– Noon

La Porte County Meals on Wheels policy is to service clients without regard to race, religion, sex, age or handicaps.



APORTE COUNTY 301 E. 8th St. Suite 110 Michigan City, IN 46360

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Home-Delivered Meals since 1974

219-872-9117 or 219-369-6483



Short term or Long term

Meals on Wheels is ready to ROLL

# MEALS ••• WHEELS LAPORTE COUNTY

Website: www.laportecountymealsonwheels.orgEmail: lpcomow@laportecountymealsonwheels.orgPhone: 219-872-9117 or 219-369-3486

Client online registration



## MISSION

We nourish and enrich the lives of homebound, seniors and disabled persons by providing nutritious hot meals delivered daily by caring community volunteers.

#### Home Delivered Meals FOR?

- Handicapped
- Disabled
- Elderly
- Homebound
- Persons who have difficultly shopping or preparing meals
- Persons in need of a special diet
- Short term or long term

# What does it COST?

- Client contribution is calculated on a sliding income scale.
- \* Every client is offered subsidy
- \* Contributions are used to help pay for the cost of the food.
- Much less expensive than the grocery store or eating out. Average cost is less than one trip to the store.
- \* Statements mailed monthly, contribution is due by the 15<sup>th</sup>.
- Forms of payment; check, cash, credit card, food stamps.

## How to get meals?

- Call 872-9117 or 369-6483
- Online visit www.laportecountymealsonwheels.org

#### What does Meals on Wheels PROVIDE?

- Therapeutically prepared nutritious meals delivered hot to your door.
- Choice 5 week cycle menu.
- One meal or two meals as frequently as Monday - Friday.
  - ⇒ One Meal-Hot lunch meal; entree', vegetable, potato or pasta, fruit, bread, milk.
  - $\Rightarrow \mbox{ Two Meal-Hot lunch meal plus a cold sandwich and fruit.}$
- Help for clients to continue living independently in their own home.
- DAILY WELLNESS CHECK
- Help for families struggling to balance work and caring for loved ones.