



Hot Meals on Wheels

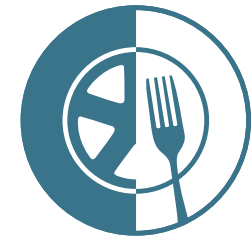
is a caring, community
volunteer project.

It supports the independence
of community members by
providing a well-balanced noon
meal each day.

- ▶ Operates independently without government support
- ▶ Welcomes additional volunteers to deliver meals once or twice a month
- ▶ Appreciates tax-deductible contributions to help cover program management costs



P.O. BOX 544
MANKATO, MN 56002-0544



Hot Meals on WHEELS



Providing a nutritious noon meal
to friends and neighbors in the
Greater Mankato Area since 1970.

507-387-4076



Frequently Asked Questions about Hot Meals on Wheels

WHO MAY OBTAIN THIS SERVICE?

The Hot Meals on Wheels program serves community members who find it difficult to shop for and/or prepare adequate meals. No age or income restrictions apply.

WHAT DO THE MEALS INCLUDE?

The meals, which are planned by a nutrition consultant, include a variety of cooked meats, vegetables, salads, fruits and desserts. The menu is published in the Senior Dining column of the Mankato Free Press and the Home Magazine each week.

WHO PREPARES THE MEALS?

The meals are prepared by J.D. Truffles Catering in North Mankato.

WHAT IS THE COST?

The charge for a meal is just \$2.25. Meal recipients are billed monthly and asked to pay promptly.

WHEN ARE THE MEALS DELIVERED?

Volunteers deliver meals between 10:45 a.m. and noon, Monday through Friday. Meals are not provided on holidays or when schools are closed due to inclement weather. Meals may be cancelled by a phone call prior to 9 a.m. on the day of delivery.

WHAT IS THE SERVICE AREA?

Meals are delivered to the homes of people living in Mankato, North Mankato and within a two mile radius of the city limits of each community.

WHO MANAGES THE PROGRAM?

Program oversight is provided by a committed Board of Directors. Centenary United Methodist Church and VINE Faith in Action support the program with staff, time, postage, printing, phone expenses, and insurance.

HOW DO I SIGN UP?



Call the Hot Meals on Wheels Hotline at **507-387-4076** and leave your name and phone number. A staff member from VINE Faith in Action will promptly return your phone call and arrange a short home visit. You will be asked to provide the name of a person who will be contacted in the event you do not answer the door when the volunteer attempts to deliver your meal.

