



Meals on Wheels



What is Meals on Wheels

Meals on Wheels is a non-profit, volunteer Community Service providing Home-Delivered meals, at cost, to any one unable to prepare or obtain adequate meals.

Meals on Wheels is dedicated to:

- Helping the disabled, aged, and chronically or temporarily ill
- Providing nourishing food at a nominal cost during a period of need
- Assuming a friendly interest and a helping hand so that people can remain self-sufficient in their own homes
- Offering this service to all persons who may benefit from it, regardless of income

Where do the Meals Come From?

Meals are prepared and packaged at cost by the Anaheim Union High School District Food Services kitchen.

The Meals are delivered by volunteers during the noon hours, five days a week, Monday Through Friday, except on holidays.

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What Other Benefits Does The Meals On Wheels Provide?

A regular visit with the friendly volunteer who delivers the meals is a fringe benefit of the MOW's program.

For many, MOW's provides an opportunity to be independent of imposing on relative and the ability to stay in their own home during their convalescence.

How are the Meals Delivered?

Each delivery consists of a hot meals to be eaten at mid-day and a cold meals for the evening. The menus are varied and the food attractively and nourishingly prepared.

The trained volunteers who deliver the meals donate their time and operate their own car with compensation for gasoline expenses.



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How can I obtain the services?

To obtain the Meals On Wheels' service, call the Meals On Wheels office between the hours of 9:00 am to 5:00 pm weekdays at (714) 765-5462 or (714) 828-7893.

An appointment will be arranged for a home interview.

The initial minimum service is for two weeks, payable in advance. This minimal charge does not cover the full cost of the service.

Donations from the community help to defray the cost of the program.



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HOW CAN I HELP?

If you are interested in assisting the Meals On Wheels' program, you may:

Volunteer to serve four (4) hours twice a month or more to deliver meals.

Encourage people who might benefit from the program to call the Meals On Wheels office to request service.

Financially support to the Meals On Wheels' program and encourage your organizations and friends to make contributions to:

Meals On Wheels of Anaheim

Downtown Community Center / Anaheim Senior Center

250 E. Center St., Anaheim, CA 92805

For more information, please call at (714) 774-4241

Donations from the community help to defray the cost of the program.

All contributions are tax deductible.

