

Making a Difference - One Meal at a Time

- 91% of clients report that the Meals on Wheels program helps them continue living independently in their homes.
- 90 % of clients report that the Meals on Wheels program helps them stay healthier.

Testimonials

“I really enjoy all the food—it’s perfect for me. My doctor says that my blood tests have really improved. Thanks to Meals on Wheels!”

Joan: 75; recently diagnosed with diabetes.

“I want to express my deep appreciation to the Meals on Wheels Program. The whole program is fantastic; the food is great, the menu varies; the delivery is predictable and the folks who deliver it are just the best!

Bill: 82; referred by MD due to weakness from heart disease

“After surgery, my doctor said I needed to be sure to eat healthy so I could recover faster and suggested Meals on Wheels. I expected the meals to be nutritious and properly prepared. I wasn’t expecting them to be downright delicious!”

Ester: 67; recovering from hip replacement surgery

Funding for the Meals on Wheels Program comes from the U.S. Administration for Community Living, the New York State Office for Aging, the Wellness in Nutrition (WIN) Program, Broome County, and your contributions.



MEALS ON WHEELS

Broome County Office for Aging
60 Hawley Street
4th Floor Office Building
PO Box 1766
Binghamton, NY 13902

607-778-2411

www.gobroomecounty.com/senior/mow



FIND US ON
FACEBOOK

Those with incomes at or above 185% of the Federal Poverty Guidelines are asked to contribute at an amount that represents the actual costs of the meals (\$8.01/meal). You are asked to contribute at this rate if your current monthly household income is more than \$1,815 and you live alone; or if you live in a household of 2 and your monthly income exceeds \$2,456.

8-2015

MEALS ON WHEELS

Helping You
Stay Well
In Your
Home!



Phone:
778-2411

Website:
www.gobroomecounty.com/mow

Broome County
Office for Aging



Getting Started

The Meals on Wheels program delivers warm, nourishing meals to persons 60 and older who are having difficulty preparing their own meals.

To be eligible for home delivered meals, you must meet the following requirements:

1. Be 60 years or older and
2. Have a health condition making it difficult to prepare meals and
3. Live in an area served by the Broome County Office for Aging Meals on Wheels program (see below for details)

Neighborhoods Served by the Broome County Office for Aging Meals on Wheels 778-2411

- City and Town of Binghamton
- Chenango Bridge/ Chenango Forks
- Whitney Point/Lisle
- Conklin/Kirkwood
- Harpursville/Windsor

Neighborhoods Served by the Meals on Wheels of Western Broome 754-7856

** Different regulations/policies and prices apply.*

- Johnson City
- Endicott/ Endwell
- Vestal
- Maine (and surrounding areas)

What Can You Expect

Each weekday around noon, dedicated and caring volunteers deliver a hot lunch and cold supper to your door.

Our meals are prepared to:

- Meet 2/3 of dietary requirements
- Be lower in daily fat and sodium
- Accommodate clients who need a reduced sugar diet, or mechanical soft texture (upon request)

Voluntary contributions are requested for meals. No one is denied service due to an inability or unwillingness to contribute. We suggest a \$6.50 contribution per day for the 2 meals received. Contributions for meals can be paid with cash, check, credit or an EBT card. Contributions are kept confidential.



Sample Menu

Monday

Hot Lunch: Savory Chicken with Orange Glaze, Brown Rice Pilaf, Mixed Vegetables, and a Chocolate Brownie
Cold Supper: Shaved Low Sodium Ham, Pineapple Juice, and Fruit Cocktail

Tuesday

Hot Lunch: Sloppy Joe over Noodles, Wax Bean with Pimento, and a Summer Snowball Cookie
Cold Supper: Cheese Sandwich, Grape Juice, and a Banana

Wednesday

Hot Lunch: Roast Beef and Mashed Potatoes with Gravy, Cauliflower with Parsley, and Chilled Pears
Cold Supper: Tuna Salad, Orange Juice, and a Blonde Brownie

Thursday

Hot Lunch: Baked Ziti with Meat Sauce, Italian Style Green Beans, Tossed Salad, and Orange Fruited Gelatin
Cold Supper: Egg Salad, Cranberry Juice, and a Fresh Apple

Friday

Hot Lunch: Fish Florentine with Lemon, Mashed Potatoes with Margarine, Winter Squash, and Chocolate Pudding
Cold Supper: Sliced Turkey Sandwich, Apple Juice, and a Fresh Orange

Milk and Bread Delivered Weekly.