

Home Delivered Meals

The Office for the Aging Nutrition Program provides meals to help seniors remain independent in their homes while maintaining good nutrition. Volunteers deliver the meals Monday through Friday (except Holidays). For those residing outside our delivery areas, we offer Frozen Meals.

Who is eligible?

Meals are available to older adults age 60 years or older who are unable to prepare meals due to accident, illness or frailty and do not have the help of family or friends. We are not able to accommodate special diets.

How do I get meals started?

Call the Office for the Aging to make a referral. A staff member will take some basic information on the phone and a caseworker will come to the home to do an assessment.

Wait List: There are times when a person may be placed on a wait list for services. Sometimes this is because the delivery route is full. In this case, the older adult is offered a frozen meal, which needs to be picked up by a family member or friend.



Meals on Wheels

This Fact Sheet provides general information only.

Contact the appropriate agency mentioned for information on your individual circumstances.

What if I need meals immediately?

There may be instances where meals are needed immediately or on a short term basis. For example, you are discharged from the hospital and need meals during recovery. For this and other similar circumstances, we can provide up to 10 hot or frozen meals.

What is the cost?

There is no charge for our meals. However, donations are accepted to help expand our program. The suggested donation is \$2.50 for hot meals and \$3.00 for frozen meals. Donations can be mailed directly to the Office for the Aging, 3019 County Complex Dr, Canandaigua, NY 14424. *(Make checks payable to "Ontario County")*

What if I can't be home during delivery time?

Call 396-4040 to cancel your meal 24 hours in advance.

All programs are made possible by funding provided through the Administration on Community Living, NYS Office for the Aging and Ontario County.

(585) 396-4040

Ontario County Office for the Aging

(315) 781-1321

www.co.ontario.ny.us/aging