

## **Southside Meals on Wheels**

Age Requirements

60+

Available 24/7

No

Other Eligibility Criteria

Must be homebound, age 60 or older residing in service area, and unable to prepare your own meals.

Family

No

Intake Contact

Intake

Intake Contact Email

Frontdesk@cdaaa.org

Intake Process

Phone, walk-in. Call the agency for more information.

Provider Refer

Yes

Self Refer

Yes

Crater District Area Agency on Aging

[https://www.princegeorgecountyva.gov/government/citizen\\_boards\\_and\\_commissions/...](https://www.princegeorgecountyva.gov/government/citizen_boards_and_commissions/...)

[https://www.facebook.com/Crater-District-Area-Agency-On-Aging-](https://www.facebook.com/Crater-District-Area-Agency-On-Aging-120469864630889/t...)

[120469864630889/t...](https://www.facebook.com/Crater-District-Area-Agency-On-Aging-120469864630889/t...)

Main

(804) 732-7020

Toll-Free

(888) 732-7020

23 Seyler Drive

23805 VA

United States

Monday: 8:00 am-4:30 pm

Tuesday: 8:00 am-4:30 pm

Wednesday: 8:00 am-4:30 pm

Thursday: 8:00 am-4:30 pm

Friday: 8:00 am-4:30 pm

Saturday: Closed

Sunday: Closed

Fee Structure

Suggested Donation

Languages Spoken

English

Crater District Area Agency on Aging offers Southside Meals on Wheels. Southside Meals on Wheels delivers nutritionally balanced meals to homebound senior citizens. Each meal pack and all its components are delivered in convenient and easy to handle packages. All meals have been designed by registered and licensed dietitians to meet, or exceed the standard requirements associated with the Required Daily Allowances and the Dietary Reference intakes for the older adult with reduced calories from fat and low sodium. Each meal consists of an appetizing entree, two vegetables, bread, margarine and fruit or dessert. Our Five Pack menu is a perfect "Nutrition Solution" allowing once a week delivery. There is no need to worry about missed delivered meals. Meals are packaged into one box.

In addition to the five pack meal, the Southside Meals on Wheels program provides a twenty pack staple breakfast bag consisting of dry (Hot and Cold) cereals, dry and liquid milk, 2%, a variety of canned vegetables, fiber bars, 100% fruit juice, fresh fruits and vegetables when in season. This program also offers liquid supplements upon request with a Physician's recommendation. The Meals Program offers more than a meal, often it is the gateway to many other services. It provides nutrition education, disease prevention information, holiday gifts and greeting cards to all clients.

If you or someone you know is interested in applying for this program, please call the Nutrition Director at 804-732-7020. Spouses and disabled dependents may also qualify, regardless of age.

Service Area(s)

Colonial Heights City

,  
Dinwiddie County  
,  
Emporia City  
,  
Greensville County  
,  
Hopewell City  
,  
Petersburg City  
,  
Prince George County  
,  
Surry County  
,  
Sussex County

Email

[ccollins@cdaaa.org](mailto:ccollins@cdaaa.org)

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