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.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 dieticians 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

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Greensville County

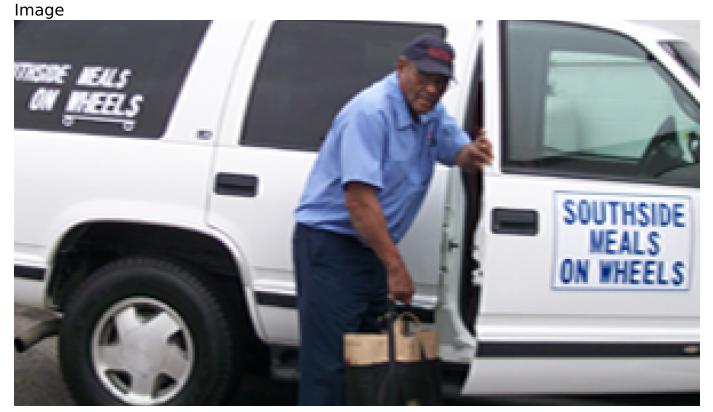
Hopewell City

Petersburg City

Prince George County

Surry County

Sussex County Email <u>ccollins@cdaaa.org</u>



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