

OUR MISSION

Monroe County Meals on Wheels plans, supplies, and delivers nutritious and appealing meals, with the help of volunteers, to the homebound who are unable to shop for and/or prepare meals for themselves.

HISTORY

In 1972, with the support of the Monroe County Clergy Association, Church Women United began Monroe County's first Meals on Wheels program. After 9 months and with the assistance of various county groups, including Visiting Nurse, AARP, MH-MR, and the Cooperative Extension Service, the first delivery of meals to 11 clients in the Stroudsburg area occurred on October 16, 1972. We now deliver to nearly 200 clients per day, with the numbers growing every year.



SERVICES

- ❖ DELIVERY of 2 nutritious meals a day, Monday through Friday.
- ❖ DAILY CONTACT with a volunteer who provides a reassuring human connection with the client through social interaction and a safety check.
- ❖ PET FOOD for clients who need assistance feeding the 24/7 animal companions.
- ❖ REFERRALS to appropriate agencies for other services when requested or needed.

ELIGIBILITY

Homebound persons, regardless of age or income, unable to shop for or prepare meals for themselves because of a physical or mental reason, can receive meals. Reasons include chronic illness, disability, or recuperation from a debilitating injury, illness, or medical treatment. Delivery can be long or short term.

We also provide meals to caregivers who may need an occasional respite from meal preparation.

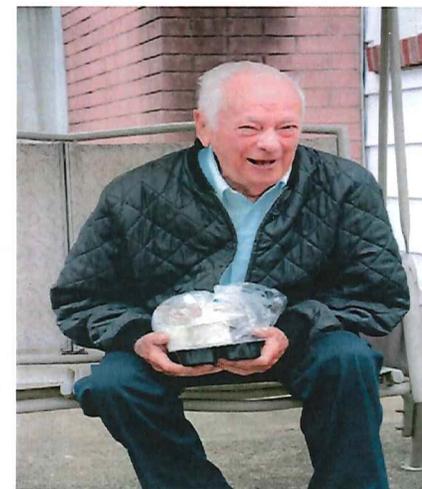


MEALS

- ❖ A hot and a cold meal delivered M-F, excluding 8 holidays, 10 AM to 1 PM.
- ❖ Weekend meals available: 2 frozen meals delivered Thursday and 2 cold bag lunches delivered Friday.
- ❖ Meals follow the PA guidelines for senior meal programs and are dietician-approved.
- ❖ Each meal is designed to meet the needs of a diabetic and cardiac diet with 1/3 RDA.
- ❖ Meals are low in sodium (<2 grams), fat, and cholesterol.
- ❖ Renal, some food-restricted, soft-chopped or pureed diets available.

PRICE

Price varies depending on income and the current cost we pay our meal provider. Clients with personal income above \$20,000 a year pay full price. Clients with personal income below \$20,000 receive a price determined on a sliding scale. Supplemental Nutrition Assistance Program (SNAP) benefits may be used to pay for meals.



Monroe County Meals on Wheels, Inc. does not and shall not discriminate on the basis of race, color, religion (creed), gender, gender expression, age, national origin (ancestry), disability, marital status, sexual orientation, or military status, in any of its activities or operations. These activities include, but are not limited to, hiring and firing of staff, selection of volunteers and vendors, and provision of services. We are committed to providing an inclusive and welcoming environment for all members of our staff, clients, volunteers, subcontractors, vendors, and clients

Monroe County Meals on Wheels, Inc., is a private nonprofit 501(c)3 corporation governed by a volunteer board of directors. Its official registration and financial information may be obtained from the Pennsylvania Department of State by calling 800-732-0999, or online: www.charities.pa.gov or www.guidestar.org. Registration does not imply endorsement.

Contributions are deductible for computing income and estate taxes as allowable by law. Please contact your tax advisor for more information.