

# 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 aged 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 may be able to accommodate some 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 determine eligibility at a later date by phone and short home visit by conducting an assessment.

For this and other similar circumstances, we can provide up to 10 meals.

## What is the cost?

There is no charge for our meals. However, contributions are accepted to help expand our program. The suggested contribution is \$3.00 per meal. Contributions 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 396-4196 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.

## What if I need meals immediately?

There may be instances where meals are needed immediately or on a short-term basis. For example, you may discharge from the hospital and need meals during recovery.



Meals discharge from

*This Fact Sheet provides general information only.*

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

(585) 396-4040

Ontario County Office for the Aging

(315) 781-1321

[www.ontariocountyny.gov/aging](http://www.ontariocountyny.gov/aging)