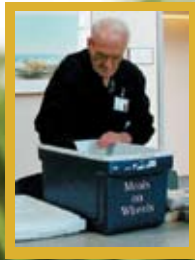


# The **HEALTH**Trust

Meals On Wheels



# The **HEALTH**Trust

## Meals On Wheels

**M**eals On Wheels is one of the best known and most appreciated nonprofit services in Silicon Valley.

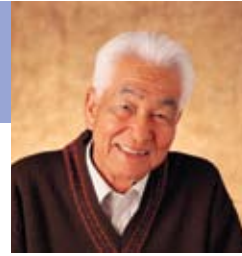
For 30 years, Meals On Wheels has brought nutritious, fully-prepared meals to the homes of seniors and disabled adults in Santa Clara County. It has allowed thousands of individuals to remain independent in their own homes rather than having to move to a care facility.

More than 88,000 meals are delivered every year to local residents by Meals On Wheels.

### More than a hot meal

Each Meals On Wheels delivery is made by a driver who also checks on the well-being of each client - bringing peace of mind to clients and their families.

Equally as important are the smiles and companionship that accompany each meal delivery. For many homebound clients, the Meals On Wheels driver is the only person they see during their day.



### Cooking with care

The nutritious meals served to our Meals On Wheels clients are carefully prepared daily by trained staff in the kitchens of O'Connor Hospital in San Jose and St. Louise Regional Hospital in Gilroy.

Special dietary needs, such as low fat, low sodium or low sugar, are accommodated and every meal meets 1/3 of the Recommended Daily Allowance (RDA) nutritional needs for adults.

Hot meals are delivered Monday through Friday. Weekend lunches are available upon request.

*“It gives me peace of mind knowing that Meals On Wheels will bring my mother a hot meal while I am at work”*

### Sample Menus

#### **Beef Ravioli**

*Italian Vegetables  
Lemon Spinach  
Wheat Roll  
Fruit Cocktail*

#### **Ham Slice w/ Sauce**

*Scalloped Potatoes  
Capri Vegetables  
Wheat Roll  
Strawberries*

#### **Teriyaki Chicken**

*Steamed Rice  
Carrots  
Wheat Roll  
Mandarin Oranges*

#### **Hot Turkey w/ Gravy**

*Stuffing  
Peas  
Wheat Roll  
Cherries*

#### **Veal Cutlet**

*Cous Cous  
Mixed Vegetables  
Wheat Roll  
Pears*

*“Because of Meals On Wheels, I eat healthier and feel better”*





## Meals On Wheels ... there when it is needed

- Meals On Wheels delivers food to residents of all 15 cities and towns in Santa Clara County.
- Seniors are at risk for poor nutrition because they may not have enough money to buy fresh, nutritious foods ... or they have physical problems that make it difficult to cook ... or they lack energy or appetite because of medications or chronic illness.
- All adults [age 18 or older] who are disabled, chronically ill, or frail and unable to shop/cook for themselves are eligible for Meals On Wheels service. This includes individuals who are recuperating from an illness or injury that is keeping them homebound and in need of short term assistance.



**To enroll in  
Meals On Wheels, call:**

**(408) 961-9870 or  
tollfree 1 800-505-3367**

Monday - Friday  
9 a.m. - 4 p.m.



## Support Meals On Wheels with a donation

The average Meals On Wheels client is 83 years old and lives alone with an income of less than \$1,000 per month.

Donations from the community, corporations and foundations help to underwrite the cost of Meals On Wheels service, including the purchase and preparation of food and delivery expenses.

Your tax deductible donation will help seniors and others continue to live at home, independently and with dignity.

One year of hot meals from Meals On Wheels costs less than one day in an acute care hospital.

### **Donate online**

[www.mowsiliconvalley.org](http://www.mowsiliconvalley.org)

### **Mail your contribution**

Meals On Wheels Silicon Valley  
c/o The Health Trust  
2085 Hamilton Ave., Suite 150  
San Jose, CA 95125

## **Volunteers are needed to help deliver Meals On Wheels**

Delivery time is 10 a.m. – 1 p.m.

Monday-Friday

Commit to as few as 6 hours (2 days) per month

Sign up online at

[www.thehealthtrustonline.org](http://www.thehealthtrustonline.org)

**TheHEALTHTrust**  
Meals On Wheels