



Meals On Wheels

Mission Statement

*Enhance quality of
independent living through
affordable, nutritious
home-delivered meals
and caring social interaction.*

Table of Contents

Eligibility	2
About the meals.....	3
To cancel a meal	4
Delivery.....	5
Volunteer safety	6
Important information	7
Diets available.....	8
Meal plans and holidays.....	9
Billing	10
Funding, volunteers	11
Snow emergencies	12
Helpful phone numbers	13



Who Gets Meals On Wheels?

Meals On Wheels serves the elderly, disabled, homebound, those who are recuperating, and those who have no other way to receive food here in Sheboygan County.

Meals are available regardless of age, race, religion, handicap, gender, income, natural origin, marital status or sexual orientation.

Meals are delivered on weekdays to Sheboygan, Sheboygan Falls, Kohler, Plymouth, Howards Grove and the Elkhart Lake area.

About the meals

Meals On Wheels' menus are planned and prepared under the supervision of a registered dietician. All meals provide one-third of the current Recommended Dietary Allowance (RDA) established by the Food and Nutrition Board of the National Academy of Sciences - National Research Council.

Each meal may contain servings from the following food groups:

- Meat (meat, fish, fowl, eggs, cheese)
- Vegetable
- Fruit
- Starch (rice, noodles, dressing, etc.)
- Bread
- Dessert
- Milk



*Schedule
Change*

To Cancel A Meal

Weekday meals

Call our office by 9:00am (at the latest) the business day before the day you want to cancel. This is when we order meals for the next day.

Weekend meals

Call before 9:00am Wednesday. These meals are made in advance and frozen.

Other options

We can leave your meal with a neighbor or put it in your refrigerator.

*Please do not ask the volunteer
drivers to cancel your meals!
Do not leave notes for the drivers!*

Call (920) 451-7011

Delivery

Your meal will arrive between 11:15am and 12:30pm Monday–Friday. If ordered, frozen weekend meals are delivered on Friday along with the regular meals.

Volunteers

Meals are delivered by our generous, kind and friendly volunteers. As a service to the community, many area businesses allow their employees to deliver meals over their lunch hour.

We greatly appreciate all the wonderful **Meals On Wheels** volunteers. It's because of them the meals “Keep On Rolling”!



Volunteer Safety Policies

Pets

Please confine, leash or move pets to a separate area during the delivery time of 11:15am to 12:30pm.

Appropriate Clothing

You must be appropriately clothed during the delivery hour.



Walkways

The walkways and entrance to your home should be kept clear of leaves, grass clippings, snow, ice and debris. If you need assistance with this matter, please call the Meals On Wheels office at (920) 451-7011.

Important:

Drivers must see you!

Meals On Wheels volunteer drivers are instructed to follow this rule: **Do not leave meals if you can't see the client!** Please do not ask the drivers to leave meals when you're not at home. This rule is in place for very specific reasons.

If you realize that you won't be home when the volunteer comes, simply call our office to let us know. You can leave a message on the answering machine. This easy step could save us from having to call your emergency contact. We will leave a note for the volunteer driver.

Please note that if there is a concern and your contact cannot be reached we will call 911 !



Diets

In addition to serving General diets, the following special diets are available **upon a physician's request:**

- Diabetic—low, medium, or high consistent carbohydrates
- 2 Gram Sodium—very low salt
- Mechanical—for swallowing or dental problems
- Bland—for digestive disorders
- Low Fat/Low Cholesterol
- Renal—for kidney problems

Call our office to find out about other special diets that may be available.

Meal Plans

Our minimum delivery schedule is three days per week with a minimum two week subscription to the program.

Options

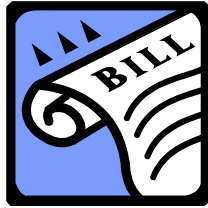
Dinner	\$5.50 each
Dinner & Supper	\$8.75 for both
Weekend or County	\$5.50 each

2010 Holiday Schedule

There will be no meal delivery:

New Year's Day	Friday, 1/1/10
Memorial Day	Monday, 5/31/10
Labor Day	Monday, 9/6/10
Thanksgiving	Thursday, 11/25/10
Day after Thanksgiving ...	Friday, 11/26/10
Christmas Eve	Friday, 12/24/10
New Year's Eve	Friday, 12/31/10

Billing



Invoices are mailed at the end of the month for the number of meals ordered. Volunteers do not accept payments. Please put your invoice number on your check and mail it to:

Meals On Wheels
615 S. 8th Street, Suite 270
Sheboygan, WI 53081

Invoices are printed on letterhead with the Meals On Wheels logo. Any calls that you might receive regarding your bill or account will come from the Meals On Wheels bookkeeper. If you have any questions or concerns regarding your account, please call the office between 9:00 a.m. and 1:00 p.m. and ask for the bookkeeper. Call (920) 451-7011.

Funding

If you are over age 60 and cannot afford the meals, please call our office at (920) 451-7011. Funds may be available for those who are homebound and meet certain qualifications, but they are not guaranteed.



Wanted! Volunteers

If you know of someone who would like to be a volunteer for Meals On Wheels, please have them call (920) 451-7011.

Snow Emergencies



A shelf stable “blizzard meal” is delivered to Meals On Wheels clients in early winter. It is to be eaten in the unlikely event of cancellation.

Meal delivery has rarely been cancelled due to bad weather. However, in case of snow emergencies, check our website or tune into one of the following local stations to listen for cancellations.

WCLB..... 95.5 AM

WHBL 1330 AM

B93 93.7 FM

BUZZ 106.5 FM

WXER..... 104.5 FM

TV station WTMJ Channel 4

www.SheboyganMealsOnWheels.org

Helpful Numbers

Aging & Disability Resource Center... 467-4100

Alzheimer’s Association..... 800-272-3900

Community Services Hotline..... 2-1-1

Dept. of Human Services..... 459-6400

Housing Authority, Sheboygan 459-3466

Housing Authority, Plymouth..... 893-5133

Meals On Wheels of Sheboygan 451-7011

Mental Health America, Sheboygan... 458-3951

RTC Transit Service 459-3420

Senior Center / Dining.....

Sheboygan..... 207-2522

Plymouth 892-4821

All numbers are area code (920)

