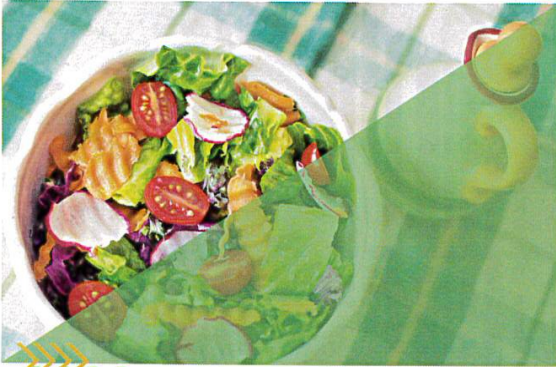


WHEELS TO MEALS



What We Offer

- Convenience
- Independence
- Safety
- Value
- Social Wellness
- Physical Health
- Awareness of Regional programs and services



WHEELS TO MEALS

Our Meal Program

Wheels to Meals will be offered every Monday (excluding Statutory Holidays and the 2nd Monday of the Month due to no Community Van Service). The Wheels to Meals program will not operate in July & August annually. The Wheels to Meals program will be held at the Harmon Valley Hall.

Participants will be provided with one hot meal and will be given the option to purchase take home meals. Take home meals must be pre-ordered with the Wheels to Meals Coordinator a week in advance.

In addition to the meals, participants will receive access to health & wellness information, information on regional services, recreational opportunities, and fellowship.



WHEELS TO MEALS

Cost

Hot Meal: \$8.00/ meal
Take Home Meal: \$6.00/ meal

Prices are subject to change. Participants will be provided an updated fee schedule well in advance

Our Volunteers

Our volunteers donate their time to assist with serving meals and ensuring that the participants needs are met during the program hours.

Who is Cooking?

The meals will be prepped and served by our Wheels to Meals Coordinator. Occasion meals will be catered by local restaurants.

Community Van Service

Need a lift?
For more information or to book a spot on our Community Van please call 780-625-3287 by Friday for the following week.

Cost: \$5.00 per person (round trip)



WHEELS TO MEALS

Program Information

The objective of the Wheels on Meals program is to provide regular and nutritious meals which promote health, well-being, and independence for individuals. The program incorporates activities along with the meals such as foot care, blood pressure monitoring, informational sessions, and recreational activities.

Participants need to pre-register a week in advance to attend the Wheels to Meals Program or to arrange for a take home meal.

Those wishing to only receive a take home meal can have meals delivered to their home Monday afternoons. Participants must pre-register for this service by Friday of each week.



Contact us Today!

Please call us for more information on the program, schedule and pricing. We also welcome inquiries from people who are interested in volunteering.

**Nampa/Northern Sunrise County
Community Services**

780-625-3287

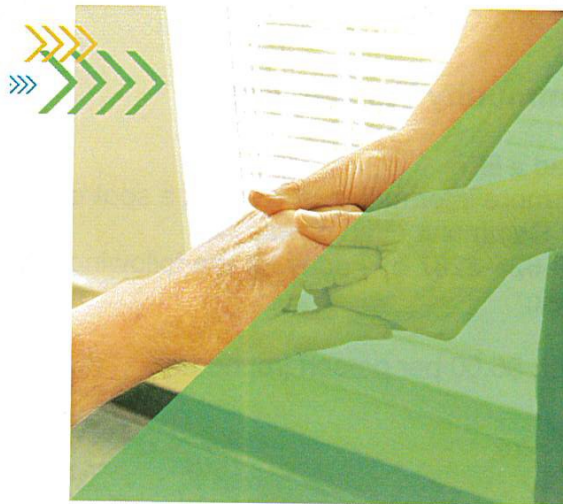
ahoule@northernsunrise.net



WHEELS TO MEALS

Join us for a weekly meal, information gathering, and fellowship

Enhancing the lives of our Seniors



**NORTHERN SUNRISE
COUNTY**

We've got it all!



**NORTHERN SUNRISE
COUNTY**

We've got it all!

