

Who is Eligible for Meals on Wheels?

A person who is:

- At least 60 years old
- The spouse or partner of an individual who is at least 60 years of age and receiving Meals on Wheels
- Unable to prepare nutritious meals
- Under 60 who has a disability and resides in the household of a person who is eligible

An in-home assessment is completed on all participants.

Where are Meals on Wheels Offered?

Clinton County

(989) 224-3600 or 1-888-224-3030

Eaton County

(517) 541-2330 or 1-866-541-5444

Greater Lansing

(517) 887-1460

Rural Ingham

(517) 676-2775

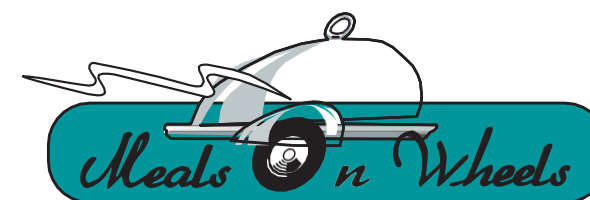
For toll-free assistance to identify agencies serving the aging population call: 1-800-677-1116

NUTRITION



Tri-County
Office on Aging

5303 S. Cedar St., Bldg. 1
Lansing, MI 48911



www.tcoa.org

How much do meals cost?

Participants have the opportunity to donate toward the cost of meals. These donations allow Meals on Wheels to meet the needs of the community. There is a suggested donation amount. However, an eligible person is never denied a meal if they do not have the resources to contribute.

How is Meals on Wheels funded?

Federal and state funds are provided through the Michigan Department of Health & Human Services Aging and Adult Services Agency; Clinton, Eaton and Ingham Counties and the Cities of East Lansing and Lansing. Many local townships, villages, small cities, community fundraising efforts, and client donations contribute to the financial needs of this vital service.

www.tcoa.org

As required by law, Tri-County Aging Consortium does not discriminate in hiring or employment on the basis of a person's race, color, religion, sex (including gender identity, sexual orientation, and pregnancy), national origin, age (40 or older), disability or genetic information or other legally protected characteristics.

517-887-1440 • 800-405-9141

Meals on Wheels

Meals on Wheels offers several meal program options. Each of these options offers healthy, well balanced, flavorful meals that provide 1/3 of the daily nutritional needs of older adults. Although payment is not required, donations for meals are welcome.

Hot meal option:

A hot meal delivered by a friendly volunteer around noon Monday - Friday. Those who choose the hot meal option can receive frozen meals for the weekends.

Cold meal option:

A cold meal delivered by a friendly volunteer around noon Monday - Friday.

Frozen meal option:

Up to 7 meals are available for pick up or delivery once per week.



Got an Hour?

Dining Sites

Adults who are 60 and over are invited to attend one of many Senior Dining Site locations throughout Clinton, Eaton and Ingham Counties.

Participants enjoy good company and wholesome food, as well as educational and entertaining activities. Although payment is not required, donations for meals are welcome.



For further details regarding the Dining Sites, Senior Project Fresh or Senior Dine Card please contact our Community Nutrition Manager (517) 887-1393.

Volunteer!

Senior Project Fresh

Project Fresh provides qualified seniors with coupons to purchase fresh fruits and vegetables at participating Michigan farmers markets May through October.



Senior Dine Cards

The Senior Dine Card program provides an occasional meal at local participating restaurants to qualified seniors who do not have access to a Senior Dining Site.



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