

# Meals On Wheels

## FACT SHEET

*"Delivering Smiles, One Meal at a Time!"*

Our Meals On Wheels program began in 1958 to help meet the nutritional needs of the growing number of homebound residents in Monroe County. This program was the first program of its kind in New York State and the third in the entire country.

### **Meal Recipients:**

- More than 200,000 meals served in 2018
- More than 1,400 people were served in 2018
- Over 11 million meals served since 1958

**Eligibility:** Anyone can request Meals On Wheels service: friends, family, physicians, or recipients themselves. No person is denied service on the grounds of race, color, religion, sex, national origin, disability or marital status. To be eligible for subsidized meals, recipients must have a medical condition that puts them at nutritional risk and be unable to shop for or prepare their own meals.

**Meals:** All meals are prepared under the supervision of professionally-trained personnel. Menus are created and certified by a registered dietitian and are lower in sodium and fat than commercially-prepared meals. Delivery options include weekday, weekend, weekly and Kosher meals.

**Volunteers:** Caring volunteers are vital to the Meals On Wheels program. They deliver nearly all meals.

- Up to 200 volunteers are needed each day to help prepare, package, and deliver meals
- More than 1,800 volunteers deliver meals each year
- Volunteers provide a daily wellness check of the recipient
- Companies and groups can "Adopt-A-Route" and share a weekly lunchtime commitment. With a team of 10 or more members, each individual is scheduled to deliver about once a month.
- It takes approximately one hour to deliver a route. People can volunteer weekly, monthly, or seasonally—whatever their schedule allows.

**Funding:** A limited amount of financial aid is available to individuals who qualify for subsidized meals. Funding is provided through a variety of public and private sources, including the Monroe County Office for the Aging (federal and state funds), the United Way, and community donations. Because our area's need currently outpaces economic resources, we usually have a waiting list for subsidized meals. In order to reduce this funding gap and serve more people, donor support is critical.

**Contact information:** [homecare.urmc.edu](http://homecare.urmc.edu)

- To donate: 274-4253
- To volunteer: 274-4385
- For service: 787-8397



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Home Care

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