



Our Mission: *To promote the independence and well being of homebound individuals by providing nutritious meals delivered by caring volunteers.*

Meals on Wheels of Lehigh County provides home delivered meals, delivered weekdays at lunchtime, between 11 a.m. and 1 p.m. Short term or long term needs.

- **Who we serve-** Lehigh County residents who are primarily homebound, either temporarily or permanently. The individual must be unable to manage meal preparation due to advanced age, illness or disability and not be living with someone who can prepare balanced meals on a reliable basis.
- **Types of Meals**
 - Client can receive two meals each weekday (hot meal tray/cold lunch bag) or hot meal only
 - Weekend meals-2 frozen hot tray meals delivered on Thursday
 - All meals are low-sodium/low-fat.
 - Five diets -REGULAR, DIABETIC, RENAL, SOFT diets as well as PUREED with 25 exceptions such as no fish, no pork, no tomato products.
 - There is a five-week menu cycle so there is a lot of variety
 - Frozen soups in the winter months
 - Pet Food – donated by Phillips Feed in Bath- no charge to clients
 - Blizzard Bags- shelf stable items for clients to use if delivery is cancelled
- **Service Area-** We service all of Lehigh County except West Bethlehem (18018), which is covered by Northampton County (610-691-1030).
 - We service the Fountain Hill area of Bethlehem (18015) which falls in Lehigh County.
- **Cost-**There is a charge for the service on a sliding fee scale, based on income and expenses. We work to make sure the service is affordable. The caseworker will determine the fee at the home visit. Bill is mailed monthly. Client can also use Supplemental Nutrition Assistance Program (SNAP- formerly food stamps) to pay for the meals. Limited government funding for hot meal only.
- **Referrals and Application Process -** Anyone can make a referral, family, client themselves, hospital discharge planner, other agency. Does not have to be a referral from a physician or Area Agency on Aging. An application is taken over the phone or can be faxed. A Meals on Wheels caseworker will visit the client to explain the service and set the fee and provide information about other community services. Service can be started within a few days.

The official registration and financial information of Meals on Wheels of Lehigh County, Inc. may be obtained from the Pennsylvania Department of State by calling toll-free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

