

## HOT MEALS

Hot meals are prepared and delivered Monday– Friday between 11:00AM - 1:00PM throughout Mecosta County.

Each meal contains at a minimum the main entree two vegetables and one fruit. Each hot meal meets 1/3 daily requirements of vitamin C and vitamin A and protein. All meals are USDA approved and no salt added. At this time we are unable to provide special diets such as renal.

Along with the daily meals a weekly delivery of 2% milk a loaf of wheat bread and margarine are provided. A monthly menu is given out so recipients will know what to expect each day for their lunch.

Nutritional analysis printouts are available upon request.



## FROZEN MEALS

Frozen meals prepared in the kitchen at the Senior Center and are delivered weekly along with the hot meals.

Each meal contains at a minimum the main entree two vegetables and one fruit. Each hot meal meets 1/3 daily requirements of vitamin C and vitamin A and protein. All meals are USDA approved and no salt added. At this time we are unable to provide special diets such as renal.

Extra milk is also provided for individuals who utilize the frozen meal program.

Frozen meals are available for qualifying seniors who need extra assistance with weekend, evening and/or holiday meals.

Five shelf stable emergency meals are provided to be used on inclement weather days when delivery is impossible or during power outages.

## LIQUID MEALS

Ensure Plus and Glucerna (diabetic) protein drinks are available to qualifying seniors who are unable to meet their nutritional needs through a solid diet.

Clients receiving cancer treatment or kidney dialysis often need liquid supplements to maintain strength and aid with their recovery.

A doctor's authorization is required before any form of liquid supplements can be provided.

Two cans of liquid supplement are equivalent to a meal and meet nutritional requirements.

Liquid supplements are delivered in cases of 24 cans throughout the county. Family members can also pickup cases at the Mecosta County Senior Center in Mecosta.



## BASIC REQUIREMENTS

To be eligible for home delivered meals a person must live in Mecosta County, be age 60 or older and be determined home bound: (physically/mentally unable to prepare meals).

Meals can be provided short or long term depending on the need. The amount and type of service is determined by Commission on Aging's case worker and client.

Clients are provided with a monthly printout of meals received and are encouraged to contribute \$1.50 per meal, which help to provide more meals to seniors in need.

Inability to contribute does NOT determine service eligibility. Meals are provided on a priority need basis. Seniors with the greatest need being served first.

All meals for the homebound delivery program and sites are prepared in the kitchen at the Mecosta County Senior Center, by expert cooks who are skilled in the art of creative nutrition with good home taste.

For more information on homebound meals see the inside of this brochure.

### Major Funding Sources:

Community Donations

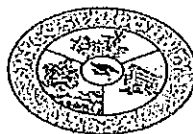


*The Source for Seniors*



United Way

MARCH  
MEALS



# Mecosta County Home Delivered Meals



A Meal  
and  
So Much More

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REFERRALS CALL:  
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