

INDIVIDUAL RESPONSIBILITY

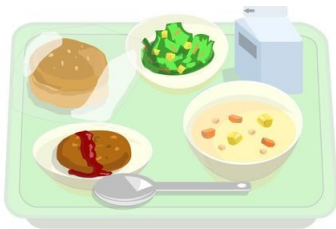
You must be home to accept your meal delivery and make contact with the driver.

Your driver cannot leave your meal without knowing that you are safe.

If you have a doctor’s appointment or will be away, please call the Meals on Wheels office before 12 noon the business day before. The meal delivery will be temporarily suspended and resumed when we are notified.

At times, you may not hear the door. If this happens and you find an “Attempted to Deliver” tag left by the driver, please call the office immediately at 201-336-7420.

If we do not hear from you, we will stop your meal delivery and may call the police to check that you are safe.



Food is a valuable commodity that should not be wasted.



James J. Tedesco III
County Executive

Board of Commissioners

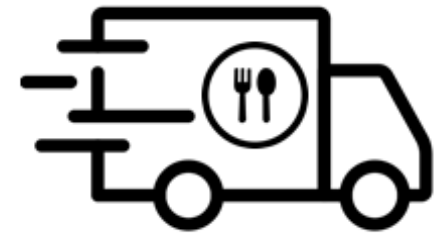
Department of Human Services

Division of Senior Services

Meals on Wheels
201-336-7420

**Bergen County
Meals on Wheels**

201-336-7420



County of Bergen
Department of Human Services
Division of Senior Services

One Bergen County Plaza
Second Floor
Hackensack, NJ 07601

Phone: 201-336-7420
Toll Free: 877-222-3737
TTY: 800-852-7897
Fax: 201-336-7424

Bergen County Meals on Wheels is a program designed to enable home-bound and disabled adults to remain in their community with independence and dignity.

ELIGIBILITY CRITERIA

To be eligible for home delivered meals, you must:

- Reside in the area served by Bergen County Meals on Wheels
- Be age 60 years or older, or spouse and caregiver of eligible participant, or age 18-59 with a disability and living alone
- Be unable to leave your home without the assistance of another person or unable to prepare a nutritious meal for yourself
- Have daytime assistance for no more than 4 hours during the day
- Not require a special diet
- Not a recipient of Medicaid Managed Long Term Support Services (MLTSS)

Meals on Wheels will conduct an interview to determine your eligibility for home delivered meals and will reassess you every 6 months for continuation in the program as well as determine eligibility for other services that may be of benefit.

HOW IT WORKS

A nutritious meal is delivered directly to your home. An effort is made to deliver

the meal at approximately the same time each day.

This well balanced meal provides one-third of the recommended daily nutrients your body needs as an adult.

Individuals have the option of choosing either the daily hot meal plan or weekly frozen meal plan.

Both plans include the same fully cooked meals. Meals can be heated in the microwave or conventional oven.

Each meal consists of an entrée (3 oz. of meat, 1/2 cup potato, 1/2 cup vegetable or equivalent), 1 cup milk, 1 slice of bread, fruit and 1 serving of dessert.

HOT MEAL PLAN

Consists of one (1) hot, ready-to-eat meal that is delivered every weekday, Monday - Friday between the hours of 9:00am - 2:00pm.

FROZEN MEAL PLAN

Consists of 5 or 7 frozen meals that are delivered once a week on a specified day between the hours of 9:00am - 2:00pm.

The driver can assist in placing the meal pack in the freezer upon request.

An advantage of the frozen meal plan is that you choose the meal you wish to eat each day from the meals received, and can heat them in the microwave or conventional oven at any time you wish.

WEEKEND MEALS

High Nutritional risk individuals may apply for a 2-pack of frozen meals, to be delivered each week for the weekend.

DONATION

Bergen County Meals on Wheels relies on donations. A donation of \$1.25 per meal is suggested to assist in providing meals to participants in need, however, no one will be denied service if they are unable to provide a donation.

Each month, you will receive a donation envelope and a copy of the planned menu. Please contribute any amount you are able.

Voluntary donations can be mailed in the self-addressed donation envelope or given to the driver in a sealed envelope. When possible, please enclose a check rather than cash.

Please do not offer a tip, as drivers are not allowed to accept tips.

EMERGENCY PREPAREDNESS

Basic food supplies must be kept in your home at all times.

Meal deliveries can be suspended due to hazardous weather conditions or other unforeseen circumstances.

If uncertain whether a delivery will be made, please call the Meals on Wheels office at **201-336-7420** between 8:00am and 4:00pm, Monday through Friday.