

For Information Contact:

**Community Action Team
Senior Nutrition Program**

**(503) 366-6584
Toll Free: 1-866-432-0044**

**MOW Case Manager
Millie Ungard
503-366-6549**



**Columbia County Senior Center
Congregate Meal Sites**

Clatskanie—620 Tichenor, Clatskanie
Phone: 503-728-3608

Rainier—48 W. 7th, Rainier
Phone: 503-556-3889

Scappoose—33342 SW Meadow Dr., Scappoose
Phone: 503-543-2047

St. Helens—375 S. 15th, St. Helens
Phone: 503-397-3377

Vernonia—446 Bridge St., Vernonia
Phone: 503-429-3912



**Community Action
Team, Inc.**

Senior, Respite and Veteran Service Programs
125 N. 17th
St. Helens, OR 97051

Phone: 503-366-6584
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**Community Action
Team, Inc.**

Senior, Respite and Veteran Service Programs

Meals On Wheels



Meals on Wheels in
Columbia County
is sponsored by:
Community Action Team, Inc
and the
Senior Centers
of Columbia County.

What is the Meals on Wheels Program?



The Meals On Wheels program is a daily, nutrition program providing meals to homebound seniors over 60 and their spouses or disabled adult children. The program is aimed at promoting better health among the homebound, older segment of the population. Meals On Wheels provide both nutrition and help to keep the individual in their own home, reducing the chance of institutionalization. The program also provides social contact through meal delivery volunteers to a person who may otherwise be homebound and isolated.

What are the Benefits of the Program?

Good nutrition is a major factor in keeping seniors healthy and independent. Meals On Wheels assists homebound seniors (and some disabled individuals) at all income levels who are unable to prepare meals for themselves. One hot, mid-day meal is delivered by volunteers Monday through Friday.

Meals On Wheels menus are approved by a registered dietitian. Each meal supplies one-third of the federal nutritional Recommended Daily Allowance (RDA). When necessary, meals can be prepared for people with special dietary needs.

Meals On Wheels are available on both a short-term (for people recovering from surgery and other temporary challenges) and on a continuing basis.

Who is Eligible?

To be eligible for the program, a person must meet all of the following criteria below:

- 60 years of age or older (or a spouse of any age or a disabled dependent child of any age in the same home).
- Need help with meal preparation.
- Be **Homebound** or otherwise isolated.
- Live within service area boundaries.
- Unable to attend the congregate meal program site
- Living alone or with no other adult living in the same home or area who is able or willing to prepare meals
- Home at the time of delivery
- Willing to eat the meal within a reasonable time.

How Much do Meals on Wheels Cost?

Participant donations are gratefully accepted. Program participants give as much as they can; the suggested donation is \$4.00 per meal, but no eligible senior will be denied meals due to their lack of ability to pay.

A private pay program may be available for community members of any age who would like to receive meals. The cost is \$5.00 per meal. (Service not available in all areas)

How Can I Help?

Volunteer!

Meals On Wheels has year round volunteer needs in Clatskanie, Vernonia, St. Helens, Scappoose, and Rainier. Contact your area Senior Center for more information about becoming a Senior Meals volunteer.



Gifts!

The Senior Meals Program is only partially Federally funded. Participants give to the program through their meal donations. Community gifts to the Senior Meals Program supplement the participants' meal donations and ensure nourishing meals can be served to all homebound seniors in need.

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