



Home Delivered Meals

Home Delivered Meals are a daily nutrition program providing meals to homebound seniors over 60 and their spouses or disabled, dependent adult children. The program is aimed at promoting better health among homebound older adults. Home Delivered Meals provide both nutrition and help to keep the individual in their own home, reducing the chances of institutionalization.

To be eligible for the program a person must be 60 years of age or older and:

- Need help with meal preparation
- Be homebound or otherwise isolated
- Unable to attend the congregate meal program
- Live alone or with no other adult in the same home or area who is willing to prepare meals
- Be home at the time of the meal delivery (11:00am – 1:00pm)
- Live within area service boundaries.

A donation of \$5.00 per meal is suggested for persons meeting eligibility criteria, although users contribute according to their ability. No eligible senior will be denied meals due to their lack of ability to pay. Private pay customers pay \$8.50, the full cost of the meal.

What is on the menu?

- Menus are approved by a registered dietitian and follow nutritional guidelines.
- All meals are prepared with low sodium and carbohydrate content.
- Current menus are available upon request.
- Meal substitutions can be made upon the request of a recognized medical authority.

Home Delivered Meals are more than just a meal! In addition to the nourishing meal, users appreciate the regular visit from the friendly volunteer. There are many in-home services to help you remain independent. If more help is needed, Community Action Team's Senior Case Manager may be able to suggest some options.

Home Delivered Meals are available in five Columbia County communities and will be delivered by community volunteers. Meal service areas vary by center.

Additional People Eligible for 'Home Delivered Meals' Healthy Lunches

Adults less than 60 years of age with temporary or long-term disabilities should contact Aging and People with Disabilities (503) 397-5863 for more information and qualifications for home delivered meals.

Who do I Contact?

In Columbia County, the Home Delivered Meals program is operated by Community Action Team, Inc. Area Agency on Aging of Columbia County in partnership with the Columbia County Senior Centers. **For information or to apply please call the Nutrition Services Coordinator at (503) 397-3511 or Toll Free (800) 404-3511.**

Home Delivered Meals of Columbia County is not an entitlement program but a service to the residents of Columbia County. We are dependent on volunteers for route planning, meal preparation, packaging and delivery to home bound residents. If you are interested in volunteering or making a donation, please contact the local Senior Center or the Area Agency on Aging.

How can I help?

Volunteer!

The Home Delivered Meal program has year around volunteer needs in St. Helens, Scappoose, Rainier, Clatskanie and Vernonia. See the Volunteer page for more information about becoming a Home Delivered Meal volunteer.

Gifts!

Community Action Team Home Delivered Meals program is only partially federally funded and receives no State, City or United Way support.

Home Delivered Meals participants give to the program through their meal donations, but many are only able to give a minimum contribution.

Community gifts to **the Home Delivered Meals Program** supplement the participants' meal donations and limited public funds to ensure that nourishing meals can be served to our older neighbors.

Gifts should be directed to the **Senior Meals Program** and can be designated to a particular community or to help the program as a whole. Gifts can be made:

- For the current needs of the Home Delivered Meals program.
- By giving through a bequest, a will, an insurance policy or stock transfer
- Monthly pledge.

Gifts to the **Senior Meals Program** are deductible to the extent allowed by law.

Call (503) 366-6584 or e-mail jdavis@cat-team.org for more information about contributing to the **Senior Meals Program**