

## Making a Difference - One Meal at a Time

- 91% of participants report that the Meals on Wheels program helps them continue living independently in their homes.
- 90 % of participants report that the Meals on Wheels program helps them stay healthier.

### Testimonials

“I really enjoy all the food—it’s perfect for me. My doctor says that my blood tests have really improved. Thanks to Meals on Wheels!”

*Joan: 75; recently diagnosed with diabetes.*

“I want to express my deep appreciation to the Meals on Wheels Program. The whole program is fantastic; the food is great, the menu varies; the delivery is predictable and the folks who deliver it are just the best!

*Bill: 82; referred by MD due to weakness from heart disease*

“After surgery, my doctor said I needed to be sure to eat healthy so I could recover faster and suggested Meals on Wheels. I expected the meals to be nutritious and properly prepared. I wasn’t expecting them to be downright delicious!”

*Ester: 67; recovering from hip replacement surgery*

## MEALS ON WHEELS

Broome County Office for Aging  
60 Hawley Street  
4th Floor Office Building  
PO Box 1766  
Binghamton, NY 13902

607-778-2411

[www.gobroomecounty.com/senior/mow](http://www.gobroomecounty.com/senior/mow)



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Funding for the Meals on Wheels Program comes from the U.S. Administration for Community Living, the New York State Office for Aging, the Wellness in Nutrition (WIN) Program, Broome County, and your contributions.

# MEALS ON WHEELS

Helping You  
Stay Well  
In Your  
Home!



Phone:  
**(607) 778-2411**

Website:  
[www.gobroomecounty.com/mow](http://www.gobroomecounty.com/mow)

Broome County  
Office for Aging

## Getting Started

The Meals on Wheels program delivers warm, nourishing meals to those having difficulty preparing their own meals.

Meals on Wheels is not income based. However, there are eligibility guidelines. Please call the Office for Aging for more information and to start meal delivery at (607) 778-2411.



## Sample Menu

### Monday

**Hot Lunch:** Savory Chicken with Orange Glaze, Brown Rice Pilaf, Mixed Vegetables, and a Chocolate Brownie

### Tuesday

**Hot Lunch:** Sloppy Joe over Noodles, Wax Bean with Pimento, and a Summer Snowball Cookie

### Wednesday

**Hot Lunch:** Roast Beef and Mashed Potatoes with Gravy, Cauliflower with Parsley, and Chilled Pears

### Thursday

**Hot Lunch:** Baked Ziti with Meat Sauce, Italian Style Green Beans, Tossed Salad, and Orange Fruited Gelatin

### Friday

**Hot Lunch:** Fish Florentine with Lemon, Mashed Potatoes with Margarine, Winter Squash, and Chocolate Pudding

\*Bread, Juice and Milk Included\*



## What Can You Expect

Each weekday around noon, dedicated and caring volunteers deliver a hot lunch to your door. Meals are appetizing, nourishing and heart healthy.

Our participants and their families enjoy the comfort of knowing that Meals on Wheels volunteers will be dropping by not only to deliver hot, healthy meals, but also to provide a quick check on their well-being.

Registered dietitians are available to help any older person with questions about diabetes, weight loss or gain and healthy eating in private nutrition counseling.

