



PORTABLE MEALS PROGRAM



-RECEIVE FIVE FROZEN MEALS EVERY WEEK-

ELIGIBILITY CRITERIA INCLUDES:

- Age 60 or over
- Rockland County Resident
- Complete registration form (only once per year)
- Identification verifying DOB and residency
- Signature required when picking up the meals
- Managed Long Term Care (MLTC) participants not eligible



WHAT YOU WILL RECEIVE:

- Five frozen meals, easily reheated in the microwave or oven, paired with additional supplementary food to provide one-third of your daily dietary needs.
- Nutritional Counseling will be available.

MEAL PICK UP ***can only pick up at one location***

	MONDAYS	TUESDAYS	WEDNESDAYS
11:00AM-12NOON	Martin Luther King Multi Purpose Center 110 Bethune Blvd. Spring Valley	Seventh Day Adventist Church 67 S. Broadway Nyack	Ester Gitlow Towers 200 Lafayette Ave. Suffern
12:30PM-1:30PM	Squadron Gardens 1 Squadron Blvd. Community Room New City	Central Presbyterian Church 89 Hudson Ave. Haverstraw	Tappan Reformed Church 35 Kings Highway Tappan

QUESTIONS? CONTACT: MEALS ON WHEELS 845.624.6325 -or- OFFICE FOR THE AGING 845.364.2110

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