



La Habra Meals on Wheels

THE PURPOSE

La Habra Meals On Wheels is a non profit, volunteer community service organization, providing home delivered meals for anyone unable to prepare or obtain adequate meals.

Since 1974, Meals on Wheels has been dedicated to the following:

- *Helping the disabled, elderly, and those chronically or temporarily ill
- *Providing nourishing food at a nominal cost during a period of need
- *Assuring a friendly interest and a helping hand so that people can remain self-sufficient in their own homes

Meals are provided regardless of ability to pay and clients unable to afford the cost may qualify for a full or partial meal subsidy.

THE SERVICE

Meals are prepared by a local vendor and the program is administered through Meals on Wheels and the La Habra Community Services Department.



The meals are delivered between 11am and 12:30pm, Monday through Friday, except the following holidays: President's Day, Memorial Day, 4th of July, Labor Day, Veteran's Day, Thanksgiving Day, Christmas Day, and New Year's Day.

Each delivery consists of 1 lunch to be eaten at mid day and 1 frozen meal for the evening. The menus are varied, portions are controlled, and meals are created to provide 2/3 of recommended daily nutritional needs. Meals are diabetic and low-sodium diet friendly. Please consult your doctor if in doubt.

TO BEGIN SERVICES

Contact the La Habra Meals on Wheels office Monday through Friday between 8am and 1pm, at 562-383-4221

The charge is \$7.50 per day.

Initial trial period is for a minimum of 2 weeks, payable in advance.

HOW YOU CAN HELP

- By volunteering a few hours of your time.

From start to finish, it takes about 2 hours. All volunteer drivers are trained by other volunteer drivers. Once confident, the new volunteer will be placed with a co-driver to deliver meals together. Volunteers can choose to deliver once a week, once every other week, or even once a month depending on your schedule.

- By referring our services to those in need
- By contributing and encouraging organizations and friends to make contributions

** All contributions are tax exempt**

Tax ID # 23-7452897

COMIDA A SU HOGAR

Meals on Wheels es un servicio de voluntarios que sirve a la comunidad. Nuestro propósito es proporcionar alimentos variados y nutritivos a personas que son incapaces debido a su edad avanzada, a sus discapacidades, o por ser enfermos crónicamente o temporalmente.



NUESTRO SERVICIO

Este servicio es administrado por nuestra organización con el apoyo del Departamento de los Servicios Comunitarios de la ciudad de La Habra.

Cada comida esta preparado para proveer dos tercios de la nutrición diaria. Cada entrega consiste de una comida caliente para el almuerzo y una comida fría para la cena. Las entregas se hacen Lunes a Viernes entre 11:00 a.m. y 12:30 p.m. salvo algunos días festivos. Un grupo de voluntarios de la comunidad dona su tiempo usando sus propios vehículos para llevar las comidas a cada hogar.

PARA COMENZAR LOS SERVICIOS

Para comenzar recibiendo nuestros servicios llame a la oficina entre 8 a.m. y 1:00 p.m., Lunes a Viernes en 562-383-4221.

El costo de servicio es \$7.50 por día. No hay coste adicional para dietas especiales. Ofrecemos comidas para diabéticos y comidas baja en sodio.

El servicio mínimo inicial es de dos semanas, pagado por adelantado.