



MEALS ON WHEELS

Meals on Wheels is part of our federally funded Senior Nutrition Program. It delivers hot, nutritious meals directly to the homes of older adults who are unable to shop or cook for themselves.

Meals on Wheels supports the health and independence of homebound older adults by delivering hot, nutritious meals and providing a daily wellness check.

Each visit offers more than food. It brings a friendly face, a sense of connection, and peace of mind. The program also includes nutrition education, screenings, and personalized guidance from our Registered Dietitian.

Eligibility & Cost

To qualify, you must be age 60 or older, unable to drive, and considered homebound and unable to prepare meals on your own. Spouses may also be eligible, even if they do not meet these criteria.

There is no cost for meals. A voluntary donation of \$3.00 per meal is suggested, but no one is ever denied service because of income or ability to donate.

How It Works

Meals are delivered Mon- Fri between 10 a.m. and 2 p.m. Participants must be home to receive their meal, as delivery includes a wellness check from a friendly, trained driver.

We also offer a variety of options to meet individual needs. Special meals are available for cardiac, renal, and diabetic diets, as well as Latino-style meals, cold suppers, and frozen meals for weekends.

Cities and Towns We Service

GSSSI delivers Meals on Wheels directly to residents in Brimfield, Hampden, Holland, Palmer, Springfield, Wales, and Wilbraham.

We also fund local Councils on Aging in Agawam, East Longmeadow, Longmeadow, Monson, and West Springfield to operate their own senior meal programs. Call today for information.



“Your drivers are wonderful – always taking a moment to chat with me and check on how I am doing. They are friendly and caring. I don’t know what I’d do without your service!”

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information

