

MORE THAN A MEAL



WHAT IS MEALS ON WHEELS?

North of the River Recreation and Park District's *Meals on Wheels* program provides isolated homebound seniors with nutritious meals, daily social contact and supportive services to prevent their premature institutionalization.

Last year, NOR delivered **53,228** hot nutritious meals to homebound seniors.

WHO DO WE SERVE?

We currently serve an average of **182** people per day, and we have a wait list that has over **100** people.

Seniors must be **60** years of age or older, reside in the NOR District, and have a chronic disability that prevents them from shopping for food and preparing meals to meet their daily nutritional needs.

HOW DO WE SERVE THEM?

Funding for Meals on Wheels comes from community donations along with federal, state and county grants, NOR and from The United Way of Kern County.

HOW CAN YOU HELP?

Volunteer – the heart of our program is the hand-delivery of nutritious meals to homebound seniors. Our clients look forward to the personal visits they receive when they are delivered these meals.

Meals are delivered by individual volunteers and teams from *10:15 – 12:00 Monday through Friday.*

Contact Diane Hooper at 392-2030 or dsnow@norrecreation.org if you would like additional information about sponsorship opportunities.

