



ABOUT MEALS ON WHEELS OF ALBUQUERQUE

Our Mission: To nourish bodies and spirits with balanced meals and friendship.

We believe that everyone deserves to live a happy, healthy, independent life, surrounded by the things, people, and places they love. We do that by delivering a hot, fresh meal straight to doors across the greater Albuquerque area.

We are a nonprofit, community-based organization. Founded in January 1972, Meals on Wheels of Albuquerque is a nonprofit organization that prepares and distributes nutritious and affordable meals to adults, people with disabilities, the elderly, the homebound, or those who may suffer from serious health concerns.

We deliver over 500 meals every day, all across Albuquerque and the surrounding areas. Meals on Wheels of Albuquerque began with 20 clients and 40 volunteers. Today **we have over 500** clients receiving life-giving meals and life-sustaining friendship from an army of over **400 volunteers.**



HAPPY. HEALTHY. INDEPENDENT!

**MEAL SERVICES
BY MEALS ON WHEELS**



**MEALS ON WHEELS
ALBUQUERQUE**

ANY AGE, ANY REASON.

PHYSICAL ADDRESS

5901 Harper Dr. NE, Albuquerque, NM 87109

MAILING ADDRESS

PO Box 92614, Albuquerque, NM 87199-2614

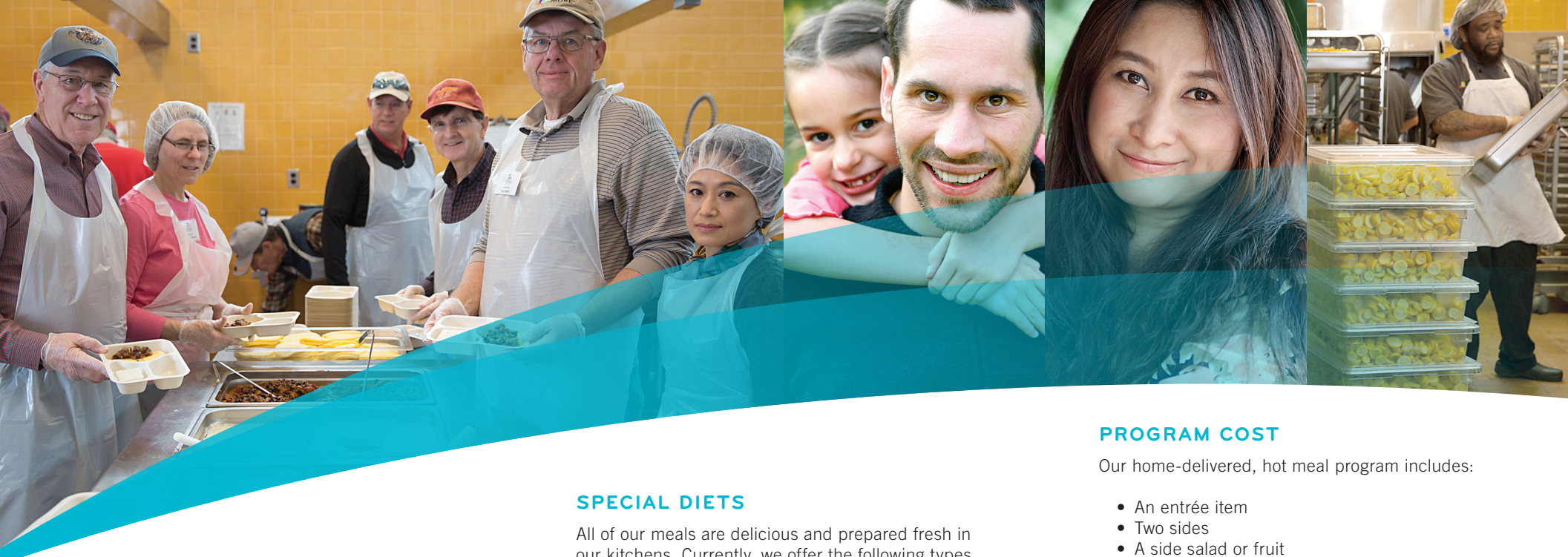
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MOW-NM.ORG



**MEALS ON WHEELS
ALBUQUERQUE**

ANY AGE, ANY REASON.



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OUR MEAL DELIVERY SERVICE

Meals on Wheels of Albuquerque is the ONLY organization in the Albuquerque area that prepares and delivers fresh, highly-nutritious meals that are tailored to your specific medical needs. Working with a registered dietician, our expertly-trained chefs prepare all meals in-house. Meals are then personally delivered right to your home by a friendly and caring volunteer.

WHY MEALS ON WHEELS?

Our clients sign up for our meal delivery service for many reasons, such as:

- Wanting to remain healthy and independent without the burden of preparing meals
- Recuperation after hospitalization or illness
- Requiring a special, medically-tailored diet
- Families with a dependent loved one
- Any Age, Any Reason

Anyone can sign up for our meals. We'd be happy to have you!

SPECIAL DIETS

All of our meals are delicious and prepared fresh in our kitchens. Currently, we offer the following types of meals:

- Regular (No dietary restrictions)
- Heart Healthy (Low sodium)
- Diabetic
- Renal
- Vegetarian
- Textured meals for those who have trouble chewing or swallowing including: Pre-Cut, Mechanically Softened, or Pureed

A TYPICAL DAY

Once you enroll in our program, you will typically receive a meal to your home within 48 hours. Meals are delivered Monday through Friday, between the hours of 10:30am - 1:00pm, for as often as you need and for as long as you need.

DELIVERING PEACE OF MIND

All volunteers are background-checked, and they come to our organization with big hearts and dedicated spirits. They are trained to report any changes in the health status of our clients, which is then reported back to caregivers and families. This provides families with peace of mind, knowing someone is watching over their loved ones daily.

PROGRAM COST

Our home-delivered, hot meal program includes:

- An entrée item
- Two sides
- A side salad or fruit
- Dessert
- Milk

This entire meal only costs you \$6.50—a fraction of the cost to shop at the grocery store and prepare the meal yourself.

We offer a breakfast and/or dinner option to those clients receiving a regular, heart healthy or diabetic diet on the hot meal program. Each meal is \$3.25.

We also feature a frozen meal program for \$5.75 a meal. This option is popular for clients who are not available every day of the week to receive meals and who are physically able to reheat their meals when they desire. These meals do not include a beverage, side salad, or dessert and are only delivered on Mondays.

Financial assistance may be available for those who qualify through our Low Income Food and Enrichment (LIFE) program.

Please contact us to learn more about our convenient, affordable, and nutritious meal program.

Our Client Services Coordinator can be reached Monday–Friday from 9:00am to 2:00pm at (505) 823-8082. You can also read more about our program and sign up online at www.mow-nm.org. We look forward to serving you!