

WHO QUALIFIES?

Any individual living within the Spokane City limits qualifies if they:

- Are over 60
- Are homebound,
- Unable to or having difficulty preparing nutritious meals
- Are unable to perform daily activities such as cooking, shopping, eating, bathing and driving.

Applications are taken over the phone with meal deliveries beginning within two business days.

CALL: 456-6597 OR 456-0397



ADVOCACY:

Do you need referrals to community services for seniors? We can help! Just call Allison and she can point you in the right direction. 456-6597

MISSION STATEMENT

To promote independent living of Spokane's senior citizens, disabled adults and the homebound through outreach in: nutrition, advocacy, education & recreation services through the Meals on Wheels program and the Mid-City Senior Center.

Funding for Spokane Meals on Wheels is provided by fundraisers, grants and by private donations.

Mid-City Concerns,

Meals on Wheels Spokane

1222 W 2nd Avenue

Spokane, WA 99201

Mon–Fri 8:00am–3:00 pm



CONTACT US:

Executive Director 232-0864

MOW Program Manager 456-6597

Volunteer Coordinator 456-0397

Senior Center Manager 747-3257

Care Manager 456-6597

FAX 458-7623

Email: meals@mowspokane.org

Website: www.mowspokane.org

We are a United Way Member



Mid-City Concerns
Meals On Wheels
Spokane

Feeding bodies. Nurturing souls. Saving lives.

509-456-6597



Safety Checks

Meals on Wheels provides a safety check on meal recipients to ensure their well being. If a recipient does not answer their door when their meal is delivered and a volunteer cannot be sure they are alright, then we will initiate a safety check.

Friends and family members have peace of mind knowing that we will call if their loved one is not home for a scheduled meal delivery.

Donations

We ask for a donation to Meals on Wheels that directly pays for the food delivered to meal recipients. We encourage people to give what they can comfortably afford. Family members can donate on behalf of a senior and no one is denied meals due to an inability to donate.

MENU & MEAL DELIVERY

Delicious, Healthy Meals

Menus meet 1/3 of the Recommended Daily Allowance (RDA) for our recipients.

Hot meals include a meat entrée, vegetables, fruit, potato or pasta, bread, and 2% milk or juices. We also provide vegetarian and no pork substitutions. Hot meals are delivered Monday through Friday between 11:00am and 1:00pm. Suggested donation is \$4.00 a meal.

Frozen meals are delivered to those requiring assistance with weekend meals and are delivered to everyone for use on holidays when the Meals on Wheels office is closed. Frozen meals are delivered once monthly on Tuesdays.

“Without fail I come away after doing my meals route feeling better than before, my faith in the human spirit, restored. It is an hour out of my week when I can leave everything else behind and be the kind of person I like to be.”

-Kyle, Meals on Wheels volunteer

Ensure Liquid Supplement

Cases of 24 cans of Ensure High Protein, Plus or Diabetic are available for those individuals over 60 years of age who have a prescription from their physician.

Meal Cancellations

To cancel a meal delivery, please contact the Meals on Wheels office at least one business day in advance before 11:00am.

If you will not be home when Meals on Wheels arrives to deliver your meal, leave a cooler for volunteers to place your meals.

Dog & Cat Food

We provide dog and cat food to our recipients for their most beloved companions. Pet food is delivered the 1st and 3rd Saturday of the month.

