



## YOU'RE INVITED

### VISIT AND DELIVER MEALS ON WHEELS

Meals on Wheels programs across the country invite Members of Congress to deliver meals to the homes of your senior constituents. There, you can experience the impact that federal funding is making each day and how crucial it is to carrying out the Meals on Wheels mission. Participating in a meal delivery will give you a firsthand view of how Meals on Wheels is so much more than a meal for the seniors served. In addition, you will see this proven public-private partnership in action while learning about the challenges they face in meeting the increasing needs from a rapidly growing senior population.

### WHAT TO EXPECT WHEN YOU DELIVER – WE WILL COVER THE DETAILS

1. **INTRODUCTIONS** - First, you will be greeted by a representative of the local Meals on Wheels program, likely the Executive Director, Senior Nutrition Director and/or a Board Member.
2. **TOUR** - Next, you will learn about the program, likely receive a tour of the facilities and meet other staff and volunteers.
3. **DELIVERY** - If you have the time, participating in a meal delivery is your chance to see Meals on Wheels in action. You will be given your cooler/warming bag(s) full of meals for clients, as well as instructions for your delivery route. Depending upon your schedule and the time you have available, this can range from one to three to five or more stops. A representative of the Meals on Wheels program or a volunteer will likely accompany you and provide additional background.
4. **MEETING SENIORS** - On your delivery route, you will have the opportunity to meet homebound seniors who rely on Meals on Wheels. Some seniors love to chat with visitors, so you may be able to have a brief conversation about what the service means to them.
5. **WRAPPING UP** - After visiting with a few seniors, you will have the option to travel back to the local Meals on Wheels program's office and/or kitchen and meet again with staff or representatives for further conversation and information. Many programs also operate congregate nutrition services - meals served in group settings such as senior centers - where you could have the opportunity to speak and dine with multiple seniors at one time. Of course, Meals on Wheels programs understand the limited time you may have and will work to accommodate your busy schedule.

### CONTACT INFORMATION

Use our search tool at [www.mealsonwheelsamerica.org/findalocalprogram](http://www.mealsonwheelsamerica.org/findalocalprogram) to find your local program or contact Meals on Wheels America to help.

If you have any questions or would like assistance scheduling a visit, please contact **Melanie Kee** at [advocacy@mealsonwheelsamerica.org](mailto:advocacy@mealsonwheelsamerica.org).