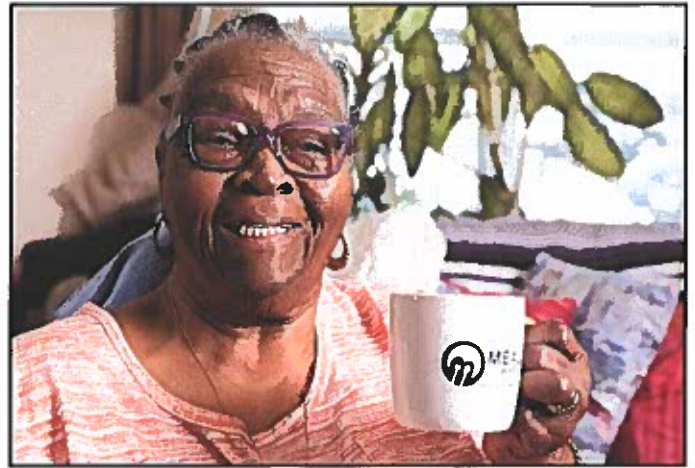




Meals on Wheels of Central Maryland (MOWCM) provides *More than a Meal™* programs and services designed to keep you safe, healthy and happy at home.



Programs:

Homebound Meal Delivery Program offers:

- Hot, nutritious, meals delivered daily to your door
- Service on a long-term or temporary basis
- Deliveries are made in Baltimore City, Baltimore, Anne Arundel, Harford, Howard, and Carroll Counties and in limited areas of Montgomery and Prince George's Counties

- Frozen meals for weekends, and holidays, and shelf stable food in case of inclement weather

This program serves those who are homebound due to age, disability, or illness and are unable to shop or cook for themselves

Grocery Assistance Program offers:

- Grocery shopping support while you remain in the safety and comfort of your home
- Assistance with nutrition and menu planning

- Grocery delivery for no delivery fee; pay only for your items purchased
- Assistance shelving groceries in your home

Schedules are customized and determined by volunteer and client together

Together in Care: A program offered in partnership with participating area hospitals offers wrap-around services to prevent hospitalization, including:

- Daily home-delivered meals
- Health and wellness checks
- Care coordination and care management
- Health and nutrition education
- Health advocacy

Support Services:

Comprehensive Assessment and Service Planning

Health and Wellness checks

Supplemental Nutrition Assistance Program screening and enrollment

Targeted Case Management

Meals on Wheels will provide linkage with other services and programs in the community to help individual clients obtain any additional support they may need in order to remain in their homes.

Kibble Connection provides:

- Free pet food for our clients with cats or dogs
- Support for up to 3 pets
- Food delivered four times a year (3-month supply)

Companion Visitors offer:

- Twice monthly visit from a friendly volunteer
- Extended visits lasting at least one hour
- Two check-in phone calls a month in addition to the visits

For more info visit: mealsonwheelsmd.org or call: 410-558-0932

United Way Campaign #: 8094 | Maryland Charity Campaign #: 52-6074723
 Combined Federal Campaign #: 85588 | Combined Charity Campaign (Baltimore City employees) #: 8094