



Delivering independence, nourishing body and spirit

# All Ages All Incomes

[mealslynchburg.org](http://mealslynchburg.org)

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## Why Call Meals on Wheels?

- ◆ Long-term care for the home-bound and those in need, where no other source for appropriate meal preparation is available.
- ◆ Short-term help to recover or prepare for procedures or rehabilitation. Strengthens and increases chances of medical success.
- ◆ Increased safety and a connection to the community.

## How Does it Work?

- ◆ All ages, all incomes
- ◆ Hot meals delivered mid-day (Mon—Fri)
- ◆ Meals are diabetic & heart friendly; special diets available
- ◆ More than 8% pay full price for service
- ◆ Approximately 76% of our recipients receive their meals at no charge to them
- ◆ About 16% are charged on a *sliding scale*, based on ability to pay

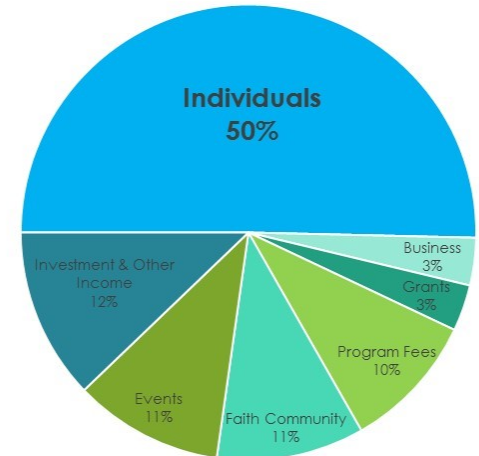
For more information: 434.847.0796

[info@mealslynchburg.org](mailto:info@mealslynchburg.org)

## Funding Benefits

- ◆ Meals on Wheels receives no federal or state funding. We are a local organization meeting the needs of our neighbors.
- ◆ We are entirely supported by donations from this community.
- ◆ Able to respond to special situations—filling the gaps, bridging the needs.
- ◆ No check boxes, no governmental regulations.

## 2015-2016 Income



## Great to Know about Meals on Wheels

- ◆ In 2014, we started serving Emergency Meals (e-meals) for people during crisis situations while longer term solutions were being finalized: 3-5 days of meals, no cost to them, no paperwork hassles.
- ◆ In 2015, we started a new program based on the suggestions of area physicians—pre- and post-treatment care (surgery, chemo, etc.)
- ◆ In 2016, to further benefit our meal recipients we strengthened collaborative partnerships with area non-profits, including Blue Ridge Area Food Bank, ParkView Mission, and the Red Cross.

**Good nutrition helps people stay healthy and stay at home longer.  
It costs more to stay in the hospital for 1 day than it does to deliver a full year's worth  
of hot meals from Meals on Wheels!**