

Who can get Meals on Wheels?

We're here for anyone who can benefit from home-delivered meals with a focus on older adults and people with disabilities. Meals on Wheels is great if:

- You could use help cooking or a break from doing it
- You're recovering from an illness or injury
- Getting out to purchase food is difficult







What do the meals cost?

Meals are priced affordably and your budget influences how much you pay. If you can pay full price you are helping someone who can't.

Visit meals-on-wheels.com for pricing specific to your community and information on programs that can help cover the cost of meals.



Connect with us:

-  (612) 623-3363
-  meals-on-wheels.com
-  @MetroMealsOnWheels
-  @mealsonwheelsmn
-  @Meals_on_Wheels
-  @Metro-Meals-on-Wheels



serving up smiles



**Choice.
Convenience.
Flexibility.**

That's Meals on Wheels.

It's fresh food, prepared here in the Twin Cities by professional chefs, with lots of variety to choose from. And it's delivered by your neighbors who care.

Two great delivery options

● Daily

Ready-to-eat meals delivered at lunchtime by a friendly volunteer right to your door!

● Weekly Frozen

Get frozen meals delivered weekly with easy reheating instructions, on a day that works best for you.

You can choose your meals!

Our daily menu offers something different every day of the month and rotates frequently. Choose from more than 30 options on our Weekly Frozen menu.

We work with your diet

We offer gluten-free, lactose-free, vegetarian and vegan options while also accommodating most medical diets.

If you need it, chances are we have it!>



Regular



Diabetic



Low sodium



Vegetarian



Bland/Neutral



Low cholesterol



Low fat



Low potassium



Mechanical soft



Puréed



Gluten-free



Lactose-free



Renal



Halal



Kosher

“ They’ve **helped me tremendously** getting my life back after kidney transplant, **until I feel comfortable** getting back in the kitchen.

—Rudolph

“ The meals are awesome and they **save me a lot of work**. The people who deliver are awesome. **The food was great.**

—Lori

“ One of the things I like so much about Meals on Wheels is you can see they are **very well thought out and planned meals**. All of your food groups are there. **I couldn’t do that myself.**

—Shelley



How do I sign up?

Sign up online at meals-on-wheels.com

Call **612-623-3363**

You can give it a try for a week or sign up for regular service!

New: Online ordering available in many Twin Cities locations!