

*Meals on Wheels is a nonprofit, privately funded corporation.*

*We serve home-delivered meals to people who are unable to prepare adequate meals for themselves due to illness, disability or age.*

*The hot meals delivered by our volunteers promote good health and independence as well as ease loneliness for many people in our community.*



If you or someone you know needs Meals on Wheels or if you can help the program with a gift of service or donation, please contact us.

Monday through Friday  
8:30 a.m. to 12:30 p.m.

**Meals on Wheels  
of Hendricks County, Inc.  
1000 E. Main Street  
Danville, Indiana 46122  
(317) 745-3469**

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### What is Meals on Wheels?

Meals on Wheels is a non-profit community service under the direction of a Board of Directors composed of lay personnel, the Meals on Wheels staff person and a Hendricks Regional Health representative. The entire board is concerned with the welfare and well being of people.

This program assists people in improving the quality of their lives and in maintaining their dignity and independence within the security of their own homes.

### Who Prepares the Meals?

The Nutrition and Dietetics Department of Hendricks Regional Health prepares meals. All meals are prepared under the direction of a Registered Dietitian in accordance with a written diet order approved by the client's physician.

Meals contain one-third of the minimum daily nutritional requirements for adults. Special diets are available as needed.

### When are Meals Delivered?

Meals are delivered Monday through Friday (no weekends) as close to noon as possible. Meals on Wheels does not deliver on holidays, including New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving, and Christmas.

### How Much Does it Cost?

Meals on Wheels charges clients a minimal cost for the service. The income covers the meal cost and part of the office operating expenses. Other expenses are covered by donations from individuals and corporations. Volunteers donate the cost of delivery.

Daily delivery for FIVE days:

One hot meal (per day)	\$23.00
One hot AND one cold (per day)	\$40.50

Delivery for ONE single day:

One hot meal (per day)	\$4.60
One hot AND one cold (per day)	\$8.10

*Prices are subject to change with notice.*

### How Do You Get Service?

Contact Meals on Wheels of Hendricks County, Inc. by calling the office at (317) 745-3469 weekdays from 8:30 a.m. to 12:30 p.m. An application form will be sent to you. A physician's diet prescription is required and can be faxed to (317) 718-2975.



### How Can You Help?

You can volunteer once a week, every other week or once a month to help deliver meals. You'll be performing an invaluable service to the homebound elderly and disabled people of Hendricks County.

Encourage your church congregation or the organizations to which you belong to become involved in Meals on Wheels by providing volunteers.

Each of our volunteers gives time and love to helping others. These people are the lifeblood of Meals on Wheels. Some are retired, some come from religious groups and service clubs, and others work and still find time to volunteer. These volunteers are dedicated people of various ages and backgrounds from all areas of Hendricks County who want to help others. They value the warm personal contact they have with the people we serve and realize a new fulfillment by their outreach to those in need.

Volunteers usually deliver a specific route on a weekly, bi-weekly, or monthly basis. It takes about 1½ hours to pick up the meals, deliver the route, and return containers. Please call (317) 745-3469 if you are interested in volunteering.

If you can't volunteer, consider giving financial support to the Meals on Wheels General Fund or the Meals on Wheels Remembrance Fund as a memorial. Your donation is tax deductible. Make checks payable and send to:

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