

### INDIVIDUAL RESPONSIBILITY

You must be home to accept your meal delivery and make contact with the driver.

Your driver cannot leave your meal without knowing that you are safe.

If you have a doctor's appointment or will be away, please call the Meals on Wheels office before 12:00 noon the business day before. The meal delivery will be temporarily suspended and resumed when we are notified.

At times, you may not hear the door. If this happens and you find an 'Attempted to Deliver' tag left by the driver, please call the office at 201-336-7420 immediately.

**If we do not hear from you, we will stop your meal delivery and may call the police to check if you are safe.**



*Food is a valuable commodity that should not be wasted.*

## COUNTY OF BERGEN



**James J. Tedesco III**  
*County Executive*

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# Bergen County Meals on Wheels

## 201- 336-7420



County of Bergen  
Department of Human Services  
Division of Senior Services  
Aging & Disability Resource Connection

One Bergen County Plaza,  
2<sup>nd</sup> Floor  
Hackensack, NJ 07601

Tel. 201-336-7420  
Toll free: 1-877-222-3737  
Fax: 201-336-7424  
TTY: 1-800-852-7897

A copy of this brochure can be accessed at [www.co.bergen.nj.us](http://www.co.bergen.nj.us)

**Bergen County Meals on Wheels is a program designed to enable homebound and disabled adults to remain in their community with independence and dignity.**

### **ELIGIBILITY CRITERIA**

To be eligible for home delivered meals, you must:

- Reside in the area served by Bergen County Meals on Wheels
- Be age 60 years or older; or spouse and caregiver of eligible participant; or age 18-59 with a disability and living alone
- Be unable to leave your home without the assistance of another person; or unable to prepare a nutritious meal for yourself
- Have daytime assistance for no more than 4 hours during the day
- Not require a special diet
- Not a recipient of Medicaid Managed Long Term Support Services (MLTSS)

Meals on Wheels will conduct an in-home interview to determine your eligibility for home delivered meals and will reassess you every 6-months for continuation in the Meals on Wheels program as well as determine eligibility for other services that may benefit you.

### **HOW IT WORKS**

A nutritious meal is delivered directly to your home. An effort is made to deliver

the meal at approximately the same time each day.

This well balanced meal provides one-third of the recommended daily nutrients your body needs as an adult.

Individuals have the option of choosing either the daily hot meal plan **or** weekly frozen meal plan.

Both plans include the same fully cooked meals. Meals can be heated in the microwave or conventional oven.

Each meal consists of an entrée (3-ounces meat, ½-cup potato, ½-cup vegetable, or equivalent), 1-cup milk, 1-slice of bread, 4-ounces juice, and 1-serving dessert.

### **HOT MEAL PLAN**

Consists of one (1) hot, ready-to-eat meal that is delivered every weekday, Monday-Friday between the hours of 9:00 am – 2:00 pm.

### **FROZEN MEAL PLAN**

Consists of seven (7) frozen meals that are delivered once a week on a specified day between the hours of 9:00 am – 3:30 pm.

The driver can assist in placing the meal pack in the freezer upon request.

An advantage of the frozen meal plan is that you choose the meal you wish to eat each day from the seven meals received, and can heat the meal in the microwave or conventional oven at whatever time you wish to eat.

### **WEEKEND MEALS**

High nutritional risk individuals may apply for a 2-pack of frozen meals to be delivered each week for the weekend.

### **DONATION**

Bergen County Meals on Wheels relies on donations. A donation of \$1.25 for each meal is suggested to assist in providing meals to participants in need, however, no one will be denied service if a donation is not provided.

Each month you will receive a donation envelope and a copy of the planned menu. Please contribute whatever you are able.

Voluntary donations can be mailed in the self-addressed donation envelope or given to the driver in a sealed envelope. When possible, please enclose a check rather than cash.

*Please do not offer a tip, as drivers are not allowed to accept tips.*

### **EMERGENCY PREPAREDNESS**

**Basic food supplies must be kept in your home at all times.**

You may not receive a meal as planned on any given day as meal deliveries can be suspended due to hazardous weather conditions or other unforeseen circumstances.

If uncertain whether a delivery will be made, please call Meals on Wheels at 201- 336-7420 between the hours of 8:00 AM – 4:00 PM Monday-Friday.