

Meals On Wheels of Rochester and Monroe County Fact Sheet

“Delivering Meals, One Smile At A Time!”

Visiting Nurse Service of Rochester and Monroe County created the Meals On Wheels program in 1958 to meet the nutritional needs of the growing number of homebound residents in our community. This program was the third home-delivered meal program in the United States. It was the first in New York State to be accredited by the Meals On Wheels Association of America.

Meal Recipients:

- More than 1,000 recipients are currently enrolled
- More than 2,200 people were served in 2008
- More than 390,000 meals were delivered in 2008
- 10 million meals served since 1958

Recipients' Eligibility: Anyone can request Meals On Wheels service - friends, family, physicians, or recipients themselves. No person is denied service on the grounds of race, color, religion, sex, national origin, disability or marital status. To be eligible for Meals On Wheels recipients must have a medical condition that puts them at nutritional risk.

Meals: All meals are prepared under the supervision of professionally trained chefs and monitored by a Registered Dietitian. The Greater Rochester Chapter of the American Red Cross prepares most meals. All meals are lower in sodium and fat than commercially prepared meals. Meal delivery options include:

- Daily meals - which can be modified to meet a variety of medical needs
- Weekly meals – frozen meals and groceries
- Kosher meals – prepared by the Jewish Home of Rochester, limited delivery area

Volunteers: Caring volunteers are vital to the Meals On Wheels program. Volunteers deliver nearly all meals.

- Up to 200 volunteers are needed each day to deliver meals
- More than 2,000 volunteers deliver meals each year
- Volunteers provide a daily check of the well-being of the recipient

Funding: A limited amount of financial aid is available to individuals that qualify. Funding is through a variety of public and private sources, including United Way, community donations, Monroe County Office for the Aging (federal and state funds), Long Term Home Health Care programs, NYS Department of Health/AIDS Institute. Amounts paid by recipients will vary depending on the requirements of funding agencies. **Tax-deductible contributions can be made by contacting Visiting Nurse Foundation at (585) 787-8748.**

Meals On Wheels is a program of Visiting Nurse Service in collaboration with the American Red Cross.



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