

## “Home Delivered Meals” ...What are they?

Wheeling Township administers a Home Delivered Meal program for residents of Wheeling Township. This program provides a nutritious, freshly prepared hot meal, delivered at mid-day, Monday through Friday.

### Who is eligible?

The eligibility requirements are as follows:

- ❖ Must be a resident of Wheeling Township
- ❖ 60 years of age (or older), or 18+ with a permanent disability
- ❖ Homebound or no longer driving
- ❖ Must not have a full-time caregiver

A home assessment may be required prior to participation in the program and there must be availability on the route. We schedule the routes with a maximum of 8-10 stops.

### What does it cost?

The Wheeling Township Home Delivered Meal program is self-pay: no subsidies or sliding scale pricing available. **Cost of the hot meal is \$8.00 per day. A supplementary cold meal is available for an additional \$5.75 per day.** Clients are invoiced in the first 10 days of the month for the *previous month's* meals. Checks and cash are currently the only methods of payment accepted.



### Can the meals meet special dietary restrictions?

Yes, some diets can be accommodated. A written Doctor's order is required, which specifies the type of diet to be followed. *This request is faxed from our office to the doctor.*

#### Diets available:

- Regular  
(No restrictions)
- Cardiac/Heart Healthy  
(lower in sodium)
- Consistent Carbohydrate  
(No added sugar. ADA diet-weight loss diet)

#### Diets NOT available:

- Gluten free
- Renal diet
- Vegetarian

### Where are the meals prepared?

Our meals are prepared by The Lutheran Home in Arlington Heights, under the supervision of a Registered Dietitian.

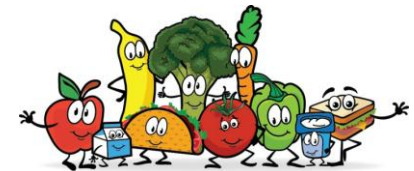
### When are the meals delivered?

Volunteers pick up and deliver meals right to your door, Monday - Friday, 11:15am – 12:30pm.

If the meal recipient has an appointment and will not be home during the time of delivery, they should call [847-259-7730](tel:847-259-7730) ext. 19 and:

- ❖ Cancel the meal delivery by calling at least one day in advance  
or
- ❖ Put a cooler with an ice pack out and the volunteer will leave the meal in the cooler

*In either case, the meal recipient must call 847-259-7730, ext 19 to inform the office that they will not be home to receive their meal.*





### “How do I participate?”

If you, or someone you know, has a need for home delivered meals, please call Wheeling Township at (847) 259-7730 ext. 19.

### How can I help?

We’re always looking for a few more friendly faces to help deliver the meals! Volunteers must be available between 11am – 1pm. Delivery routes and days are pre-assigned and you get to choose how often you’d like to help! For more information, call our Home Delivered Meal Program Coordinator at (847) 259-7730, ext. 19.

### Who delivers the meals?

Hundreds of VOLUNTEERS from the community, along with members of these local churches:

- Church of the Incarnation
- Community Presbyterian Church
- Faith Lutheran Church
- First Presbyterian Church of Arl Hts
- First United Methodist Church of Arl Hts
- Grace Evangelical Lutheran Church
- Kingswood United Methodist Church
- Living Christ Lutheran Church
- Lutheran Church of Good Shepherd
- Our Lady of The Wayside Catholic Church
- Our Redeemer Lutheran Church
- Our Saviour’s Lutheran Church
- Pathway Church of Arlington Heights
- Southminster Presbyterian Church
- St. Alphonsus Ligouri Catholic Church
- St. Edna Catholic Church
- St. James Catholic Church
- St. John United Church of Christ
- St. Joseph the Worker Catholic Church
- St. Mary Catholic Church
- St. Peter Lutheran Church
- St. Thomas Becket Parish
- The Orchard Evangelical Free Church

# WHEELING TOWNSHIP’S HOME DELIVERED MEAL PROGRAM

**847-259-7730** (ext. 19)

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### SENIOR & DISABILITY SERVICES

Home Delivered Meal Program Coordinator

[homedeliveredmeals@wheelingtowship.com](mailto:homedeliveredmeals@wheelingtowship.com)

847-259-7730, ext. 19

Transportation Department

847-259-7743

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### QUESTIONS ABOUT THE HOME DELIVERED MEAL PROGRAM?

Call the Program’s Coordinator

Wheeling Township 847-259-7730, ext. 19