



## Our Mission:

*To help older Nebraskans*

*live independently,*

*live with dignity,*

*and remain for as long*

*as possible in their*

*own homes.*

The Meals On Wheels Program is part of the Nutrition Division of the Eastern Nebraska Office on Aging.

For more information on ENOA programs, services and volunteer opportunities, contact



### Eastern Nebraska Office on Aging

4780 South 131st Street  
Omaha, NE 68137

**(402) 444-6536**

[enoa.org](http://enoa.org)



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# Meals on Wheels



The Meals On Wheels Program provides over 700 meals per day in the greater Omaha area.

The meals are delivered by a combination of paid drivers, volunteers and business employee groups. Individuals who deliver meals have completed a screening process to insure the safety of our clients. More than 200 volunteers are connected with the program. Additional volunteers are always needed!

A nutritious noon meal is delivered Monday through Friday. Box lunches are delivered for weekends to the more frail clients.

The daily contact helps make sure the recipients are safe in their homes.



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Recipients can contribute towards the cost of the service on a sliding fee scale based on their income. Low income recipients may have the State of Nebraska pay for their meal through the Title XX Program. No one is denied service if they are unable to contribute.

The Meals On Wheels meet one third of the RDA and are available in low salt, low sugar, bland, and ground formats for those with special dietary needs.



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## Eligibility Guidelines for Meals On Wheels

*Meals On Wheels recipients must be:*

- Age 60 or older.
- Physically or mentally unable to cook for themselves.
- Have no one available to prepare meals for them.
- Unable to attend a senior center.
- Living alone, or, in the case of a couple, both spouses are unable to prepare meals for themselves.

*For more information on Meals On Wheels call **402-444-6536** and request Information & Assistance.*

