# **Home Delivered Meals in Onondaga County**



The Home Delivered Meals Program provides meals (hot lunch and cold dinner) to people of ALL ages that are unable to prepare their own meals due to an illness or injury. The program provides assistance to, nutritionally at risk, homebound, frail or isolated individuals who are age 60 or over, and in some cases, their caregivers, spouses, and/or persons with disabilities.

Participants are asked to voluntarily contribute \$4.00 for two meals or \$4.50 for two Kosher meals. Any contribution is gratefully accepted; no client is turned away due to an inability or unwillingness to contribute.

Meals on Wheels (MOW) of Eastern Onondaga County, Kosher Meals on Wheels, Meals on Wheels of Syracuse, Inc., and North Area Meals on Wheels, contract with the Onondaga County Office for Aging to provide savory, nutritious meals, comprehensive in-home assessments, nutrition counseling and other services to eligible seniors who are unable to regularly prepare healthy meals for themselves.

Meals are delivered Monday through Friday by caring volunteers who check on clients each day. Participants overwhelming report a better sense of well-being and independence as a result. The Home Delivered Meals Program is a primary access point for other home and community-based services.

The program provides much more than food; it provides a wholesome meal plus a safety check.

## Onondaga County Office for Aging Contracts With the Following Programs to Deliver Meals to the Homebound

## Meals on Wheels of Eastern Onondaga County

315-637-5446
7248 Highbridge Rd., F'ville, NY 13066 **Serves:** Bridgeport, DeWitt, East Syracuse, Minoa, Fayetteville, Jamesville, Kirkville, Manlius, Fabius, Pompey, Tully/Lafayette.

<u>moweoc@gmail.com</u>
http://mealsonwheelseastonondaga.org

#### **Kosher Meals on Wheels**

315- 446-9111 ext. 256 4101 East Genesee St, Syracuse, NY 13214 **Serves:** those who require Kosher. ellisd@sjfs.org

#### Meals on Wheels of Syracuse, Inc.

315- 478-5948 300 Burt St., Syracuse, NY 13202 Serves: City of Syracuse, Jordan/Elbridge, Onondaga Nation, Nedrow, Skaneateles mkaufman@meals.org www.meals.org

#### North Area Meals on Wheels, Inc.

315- 452-1402 413 Church Street, North Syracuse, NY 13212 **Serves:** Cicero & North Syracuse school district; Brewerton, Town of Clay and Town of Salina south of John Glenn Blvd. northareamow@verizon.net www.namow.org Other meals on wheels programs in Onondaga County provide meals on a private pay basis:

### **Baldwinsville Meals on Wheels**

315- 638-2171 76 Canton St., Baldwinsville, NY 13027 **Serves:** Towns of Lysander and Van Buren, Town of Salina north of John Glenn ladydm13@yahoo.com

#### **ECHO Meals on Wheels West**

315- 487-2878 4600 W. Genesee St., Syracuse, NY 13219 **Serves:** Camillus, Geddes, Marcellus, Onondaga and Solvay