

## 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 seniors in need.

Each month you will receive a donation envelope & a copy of the planned menu. Please contribute whatever you are able. Service will not be denied if you are unable to donate.

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

**Please do not offer your driver a tip. 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 meals as planned on any given day as meal deliveries can be suspended due to severe weather or unforeseen circumstances.

If uncertain whether a delivery will be made, call Bergen County Meals on Wheels at 201-336-7420 between 8:00 AM – 4:00 P.M Monday-Friday.

## RESPONSIBILITY

If you are not home to accept your meal delivery, or if you did not hear the door and the driver left an 'Attempted to Deliver' tag, please call the office at 201-336-7420.

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

## ELIGIBILITY CRITERIA

Bergen County residents who meet the following criteria and reside within the service catchment area are eligible for temporary enrollment in the Bergen County Meals on Wheels program.

- Age 60 years and older; or spouse and caregiver of eligible participant; or age 18-59 with a disability and living alone
- Unable to leave home without the assistance of another person and unable to prepare a nutritious meal for yourself
- Has daytime assistance for no more than 4 hours per day
- Not a Medicaid recipient of Managed Long Term Support Services (MLTSS)
- Does not require a special diet

**A social worker will periodically conduct an in-home interview to determine your eligibility for continuation in the program and identify other services that may benefit you.**

*If you believe that you have been improperly denied service, are dissatisfied with the service provided, or wish a copy of our grievance policy, contact the director of the Division of Senior Services at 201-336-7418.*

County of Bergen  
Department of Human Services  
Division of Senior Services  
Nutrition and Wellness Unit  
One Bergen County Plaza, 2<sup>nd</sup> Floor  
Hackensack, NJ 07601

# Bergen County Meals on Wheels

## 201- 336-7420

## HOW IT WORKS

One week supply of nutritious frozen meals is delivered directly to your home on a specified day each week between the hours of 9:00 a.m. and 3:30 p.m.

Each frozen meal consists of an entrée (meat, potato, vegetable, or equivalent), milk, bread, juice, and dessert.

**You must be home to accept your delivery** and immediately place the meals in the freezer to ensure quality.

Frozen meals are fully cooked and can be reheated in a conventional oven or microwave oven. Heating in a toaster oven is not recommended. Directions are printed on the lid of each meal.

**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** at 201-336-7420. Meal delivery will be temporarily suspended and resumed when we are notified. Failure to notify us may result in suspension from the program.

Food is a valuable commodity that should not be wasted.