

*“It is most reassuring that the volunteers care enough about my well-being, that they concern themselves with how I am doing every day. I look forward to their visits and the opportunity to talk to them.”*

Frankie Gladden  
Montgomery County Client



**Anne Arundel County**

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Arnold, MD 21012  
410.626.7543

**Carroll County**

255 Clifton Boulevard, Suite 312  
Westminster, MD 21157  
410.857.4447

**Harford County**

45 N. Main Street, Suite D  
Bel Air, MD 21014  
410.838.0013

**Howard County**

9200 Old Annapolis Road, Suite 205  
Columbia, MD 21045  
410.730.9476

**Baltimore City & Baltimore County**

Central Office  
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Baltimore, MD 21224  
410.558.0827

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1.866.558.0827 toll free

Serving Baltimore City, and Anne Arundel, Baltimore, Carroll, Harford, and Howard counties. Also serving parts of Frederick and Montgomery counties.

All photos by Sofia Silva



**More than a Meal—**  
Supporting Independent Living  
and Quality of Life For People  
who are Homebound

Meals on Wheels  
of Central Maryland 

**B**y providing nutritious meals to people who are homebound due to age or disability, Meals on Wheels of Central Maryland supports independent living and quality of life for individuals who wish to remain in their own homes. But Meals on Wheels is more than a meal – we offer other programs and services to help our clients maintain independence and peace of mind.

### The Home-Delivered Meal Program

People who are homebound and unable to shop for their food or prepare their own meals – on a permanent or temporary basis – are eligible to receive Meals on Wheels' home-delivered meal service and other support services, regardless of age or economic status.

Two meals, a hot lunch and a cold supper, are delivered by volunteers between the hours of 11:00 a.m. and 1:30 p.m. Monday through Friday, including holidays that fall during the week.

We supply low-sodium meals that are also low in fat and cholesterol.



A variety of diets are offered, including a “no concentrated sweets” diet that is suitable for clients with diabetes.

Kosher meals are available in a limited geographic area of Baltimore City and Baltimore County.

Meals on Wheels charges a fee based on a sliding scale that takes into account the client's income and acceptable expenses. Staff works with each client to determine their specific fee. Food assistance benefits available through the Independence Card are accepted for payment, as well as Master Card and Visa.

To assist in the client application process, you will need to provide the following information:

- Full name, address, and phone number of the applicant;
- Their Social Security Number;
- Their date of birth;
- The name, address and phone number of the applicant's physician;
- A list of any major health problems the applicant may have;
- Names, addresses and daytime phone numbers of two (2) emergency contacts;
- The applicant's total monthly income and expenses.

**Client applications for service can now be accessed, completed, and sent electronically by visiting [www.mealsonwheelsmd.org](http://www.mealsonwheelsmd.org)**

### The Grocery Shopping & Delivery Program\*

This program is available to clients of our home-delivered meal program.

The Grocery Shopping & Delivery Program is a free service – the client pays only for the cost of the groceries!

No cash transactions occur between the client and the grocery shopper. The grocery shoppers use special Meals on Wheels credit cards to charge the client's groceries. The shopper presents the client with a duplicate receipt of the transaction and the client then writes a check to Meals on Wheels for the amount of the charge.



*\*Available on a county-by-county basis*

### The Phone Pal Program\*

This program is available to clients of our home-delivered meal program.

Clients receive friendly telephone assurance calls from a volunteer during the day or evening, particularly on the client's birthday and on holidays.

Phone Pals help provide a “connection” between clients and the community at large.

The client and the phone pal decide on the best time to talk to one another.

*\*Available on a county-by-county basis*

Visit [www.mealsonwheelsmd.org](http://www.mealsonwheelsmd.org) to apply for service.