

FREQUENTLY ASKED QUESTIONS FOR HOME DELIVERED MEALS

What is Meals on Wheels and Do I qualify?

Meals on Wheels is a national program dedicated to ending senior hunger. Spectrum Generations, the Central Maine Area Agency on Aging, delivers Meals on Wheels from seven locations throughout Central Maine. The communities of Brunswick, Harpswell, and all of Sagadahoc county, are served through the Southern Midcoast Community Center. To qualify, you must be 60 + years of age and/or permanently disabled. You must be homebound and unable to cook and/or shop for yourself.

How do I apply?

You, a family member, or a professional caregiver may apply by telephone by calling Spectrum Generations at 729-0475. The process only takes a few minutes, and the intake person will be asking for information such as your name, address, phone number, and health status. Certain information is required by the State of Maine. However, all information is kept confidential. You may also email Sarah Hunter, the Nutrition Coordinator, at shunter@spectrumgenerations.org.

Our Home Delivered Meals assessor will visit you in your home within 9 days of the start of receiving your meals. In six months, you will receive a phone call or visit to update your file and each year, the assessor will return for a home visit to re-assess your eligibility and assist you with referrals for other services you may need.

What kinds of meals are served?

Our meals provide 1/3 of the Recommended Dietary Allowance for adults. We are also able to provide special diabetic meals as needed. Nutritious menus are planned and approved by a registered dietician. Meals are low in fat and are prepared with no added salt, in addition to being carefully monitored for food safety and nutrition standards.

Some meals are delivered hot and ready to eat and should be eaten right away, as this is when they are at their nutritional best. Other meals are delivered frozen and can be re-heated safely in a microwave or conventional oven without destroying nutrients; do NOT use a toaster over or stovetop.

When are meals delivered?

Volunteer drivers deliver a combination of hot and frozen meals on Wednesdays and Fridays.

What if I can't be home during the delivery time?

We CANNOT leave a meal for you if you are not home. Part of our mission is to see each of our clients when we deliver the meal and we want to confirm that you are safe. We also do not want to risk food-borne illness by leaving meals out without knowing when they will be refrigerated or consumed. If you have a medical appointment or other appointment during the delivery time, call the office two days before or as soon as possible. You may ask a neighbor to accept the meal for you or we may make other arrangements for delivery.

May I suspend service for a couple of days without being cancelled from the program?

Yes. If you need to cancel your meals for an extended time, i.e. for family visiting, a hospital stay, etc., try to notify us least 2 days in advance, if possible. We also recommend a 2 day notification to resume your meals.

Is there a meal cost and how do I pay?

Our meal cost is \$5.60 to prepare and deliver. The suggested donation is \$4.00 per meal. However, no one is ever denied a meal if unable to pay.

Your delivery driver will bring an envelope on a regular basis. You may place your donation cash or check in the envelope to insure your complete privacy and either mail it to the office or give it to your driver. You also may make your donation with food stamps. For more information about how to apply for food stamps, please ask your meals assessor for details.

Still have questions? You can call our Spectrum Generations Southern Midcoast Community Center at 729-0475, or email Sarah at shunter@spectrumgenerations.org.