



Solon Meals on Wheels, Inc.

Solon Senior Center
35000 Portz Parkway
Solon, Ohio 44139
440/349-6363

WHO WE ARE

SOLON MEALS ON WHEELS, INC. IS A NONPROFIT, VOLUNTEER-STAFFED, HOME DELIVERED MEAL SERVICE. RESIDENTS OF THE SOLON AREA WHO ARE UNABLE TO SHOP AND/OR PREPARE ADEQUATE MEALS FOR THEMSELVES ARE ELIGIBLE TO PARTICIPATE IN THIS SERVICE (INCLUDING SENIORS, CONVALESCENTS, THE DISABLED, THE CHRONICALLY OR TEMPORARILY ILL.) A HOME VISIT WILL BE CONDUCTED WITH RESIDENTS WHO ARE INTERESTED IN THIS SERVICE.

NUMBER OF MEALS

WE OFFER A NUTRITIONALLY BALANCED HOT MEAL FOR LUNCH AND A LIGHT EVENING MEAL.

MEAL PREPARATION

MEALS ARE PREPARED BY **EMERALD RIDGE OF SOLON*** WITH THE SUPERVISION OF THEIR LICENSED DIETITIAN. THE COST IS SUBSIDIZED BY **EMERALD RIDGE** AND THE SAVINGS IS PASSED ON TO RESIDENTS WHO RECEIVE NOURISHING MEALS AT AN AFFORDABLE PRICE.

COST OF MEALS

MEAL COST IS DISCUSSED DURING THE HOME VISIT AND IS REASONABLY PRICED.

DELIVERY TIME

MEALS ARE DELIVERED TO HOMES BY A TEAM OF VOLUNTEERS, MONDAY THROUGH FRIDAY AT MID-DAY. NO DELIVERIES WILL BE MADE ON THANKSGIVING, CHRISTMAS, NEW YEAR'S DAY, MEMORIAL DAY, THE FOURTH OF JULY OR LABOR DAY.

APPLYING FOR MEAL SERVICE

YOU MAY APPLY FOR MEAL SERVICE BY CALLING US AT THE SOLON SENIOR CENTER, **440/349-6363**, MONDAY – FRIDAY FROM 8:00 AM – 4:30 PM.

A VOLUNTEER FROM MEALS ON WHEELS WILL RETURN YOUR PHONE AND ARRANGE A VISIT WITH YOU TO EXPLAIN OUR SERVICE.

VOLUNTEER OPPORTUNITIES

RESIDENTS LOOK FORWARD TO VISITS FROM OUR VOLUNTEERS. IF YOU ARE SEEKING A FULFILLING OUTLET THAT HELPS BENEFIT THE HOME-BOUND RESIDENTS OF OUR COMMUNITY, CONSIDER DEVOTING AS LITTLE AS ONE HOUR A MONTH TO DELIVER MEALS FOR SOLON MEALS ON WHEELS, INC. CALL US AT **440/349-6363** IF YOU ARE INTERESTED IN VOLUNTEERING.

CONTRIBUTIONS

DONATIONS ARE GRATEFULLY ACCEPTED. MEALS ON WHEELS, INC. APPRECIATES THE SUPPORT OF THE COMMUNITY.

WE LOOK FORWARD TO HAVING YOU JOIN US AS.....

A MEAL RECIPIENT ~ A VOLUNTEER ~ A DONOR