

# ADRC Homebound Meal Program



***Enjoy a hot, nutritious lunch from the comfort of home!***

## ***Stay in your home - stay independent.***

Those who receive a meal say it helps them continue living in their home.

## ***It's more than just a meal.***

Along with lunch comes a short visit, wellness check, and links to other services and support.

## ***Who is eligible for a meal?***

To be eligible for meals, you must be:

- Age 60 or older, and for the most part homebound (not driving) or unable to prepare meals for yourself.
- Dietary needs can be met by a general menu, no special diets are available.
- The spouse or caregiver living with an eligible person, regardless of age.
- Persons under age 60 may qualify for limited service. A waiver is required.

## ***How does someone sign up for meals?***

Call the ADRC Nutrition Program (920) 448-4312 to start an application.

Approved applicants often start receiving meals in as little as two days.

Healthcare professionals: Applications may be submitted securely through our website at

[www.adrcofbrowncounty.org/homebound-meal-application/](http://www.adrcofbrowncounty.org/homebound-meal-application/)

## ***What is the cost?***

Eligible individuals receive meals for a \$4.00 suggested donation per meal.

Monthly donation statements are mailed to customers or a contact of their choice.

You are not denied a meal based on ability to donate.

*Actual full cost of the meal is \$9.90*

## **ADRC of Brown County**

300 S. Adams St. Green Bay, WI 54301

(920) 448-4300

[www.adrcofbrowncounty.org](http://www.adrcofbrowncounty.org)

ADRC is a nonprofit, 501(c)3 organization

Find us online:



## ***What's on the menu?***

Our balanced meals include meat/meat alternative, grain/starch, vegetable, fruit, dessert, and milk. Meals meet 1/3 of the Recommended Daily Allowance (RDA) for older adults.

Find our menu in the ADRC Magazine or on our website, [www.adrcofbrowncounty.org](http://www.adrcofbrowncounty.org).

No special diets. Sodium is limited by not adding salt during cooking, but packaged and canned goods are used.

## ***When and where are meals delivered?***

Volunteers deliver meals to most areas of Brown County. Call (920) 448-4300 to find out if your home is within the delivery area. Meals are delivered weekdays between 11 a.m. - 12:30 p.m.

No delivery on major holidays. Customers must be home at the time of delivery.

## ***Meet the volunteers***

Volunteers are fun and friendly! They can provide assistance opening packaging and bringing the meal into your home if you are unable to come to the door. All volunteers are screened and receive on-going training.

## ***What happens if there is an emergency?***

If there's no answer at the door, we call you first, then your emergency contacts. If a volunteer discovers you've fallen or are having a medical emergency, they are trained in how to handle the situation, including calling emergency contacts and/or emergency personnel.

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