



More Than a Meal!

Meals on Wheels of Sheboygan County is committed to serving fresh, nutritious, medically-tailored meals that taste great to the homebound, elderly and disabled in Sheboygan County.

IN ADDITION to the delicious meal, each person is visited by a trained and friendly volunteer to ensure each client is safe and doing well.

Helpful Numbers

Aging & Disability Resource Center ... 467-4100

Alzheimer's Association 800-272-3900

Community Services Hotline 2-1-1

Dept. of Human Services 459-6400

Family Services (help with bills) 458-8840

Housing Authority, Sheboygan 459-3466

Housing Authority, Plymouth 893-5133

Safe Harbor 452-7640

Shoreline Metro Connection 459-3420

Meals On Wheels of Sheboygan 451-7011

Mental Health America, Sheboygan... 458-3951

All numbers are area code (920)



Snow Emergencies

A shelf stable “blizzard meal” can be delivered to Meals On Wheels clients in early winter. It is to be eaten in the unlikely event of cancellation. Blizzard meals are delivered to clients who request the additional package.



Meal delivery has rarely been cancelled due to bad weather. However, in case of snow emergencies, check our website or tune into one of the following local stations to listen for cancellations.

WCLB..... 95.5 AM
WHBL..... 1330 AM
B93 93.7 FM
BUZZ106.5 FM
WXER.....104.5 FM
TV station WTMJ.... Channel 4
www.FreshMealsOnWheels.org

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Who Gets Meals On Wheels?

Meals On Wheels serves the elderly, disabled, and homebound. Including those who are recuperating, and those who have no other way to receive food in Sheboygan County.



Meals are available regardless of age, race, religion, handicap, gender, income, natural origin, marital status or sexual orientation.

Meals are delivered five days a week throughout Sheboygan County including the cities of Sheboygan, Sheboygan Falls, Kohler, Plymouth, Howards Grove and Elkhart Lake.

Funding

If you are over age 60 and cannot afford the meals, please call our office at 920-451-7011. Funds may be available for those who are homebound and meet certain qualifications, but they are not guaranteed.



Billing

Invoices are mailed at the end of the month for the number of meals ordered. Please put your invoice number on your check and mail it to:

Meals On Wheels
1004 S. Taylor Drive
Sheboygan, WI 53081

We also accept credit card payments.

If you have any questions regarding your account, call the office between 9 a.m. and 3 p.m. and ask for the bookkeeper. Invoices are printed on letterhead with the Meals On Wheels logo. Any calls that you might receive regarding your bill or account will come from the Meals On Wheels bookkeeper. Please call 920-451-7011 with questions or to make a credit card payment over the phone.

Volunteers do not accept payments.

About the Meals

Meals On Wheels' menus are planned and prepared under the supervision of a registered dietician. All meals provide one-third of the current Recommended Dietary Allowance (RDA) established by the Food and Nutrition Board of the National Academy of Sciences-National Research Council.

Each meal may contain servings from the following food groups:

- Protein (meat, fish, fowl, eggs, cheese)
- Vegetable
- Fruit
- Starch (rice, noodles, dressing, etc.)
- Bread
- Dessert
- Beverage



To Cancel A Meal

Schedule
Change

TO CANCEL WEEKDAY MEALS

Call the office by 9:00am (*at the latest*) the business day before the day you want to cancel. To cancel a Monday meal, you must call prior to 9:00am the Friday before.

TO CANCEL WEEKEND MEALS

Call before 9:00am Wednesday. These meals are made in advance and frozen.

Other options

If you call ahead of time, we can try to:

1. Leave your meal with a neighbor.
2. Put it in a community room fridge.
3. Put it in your refrigerator if you leave your door unlocked.

Please do not leave notes for drivers.

Instead, give us a call at 920-451-7011

Meal Plans

Our minimum delivery schedule is three days per week with a minimum two week commitment to the program.

Options (2018)

Dinner	\$6.50 each
Dinner & Supper	\$9.45 for both
Frozen Meals*	\$6.50 each

*Frozen meals are delivered on Fridays to be warmed & enjoyed over the weekend, and are available for weekly delivery in outlying areas.

2018 Holiday Schedule

There will be no meal delivery:

Memorial Day ----- Monday, 5/28/18
July 4th ----- Wednesday, 7/4/18
Labor Day ----- Monday, 9/3/18
Thanksgiving ----- Thursday, 11/22/18
Day after Thanksgiving -- Friday, 11/23/18
Christmas Eve.....Monday 12/24/18 &
Christmas Day.....Tuesday 12/25/18
New Years Eve.....Monday 12/31/18 &
New Years Day.....Tuesday 01/01/2019

Diets

Each meal contains a protein, vegetable, fruit, starch, bread, dessert and beverage. There are no fried foods in any of the diets. The following special diets are available:

- General Diet:** No dietary restrictions. Provides a variety of healthy foods. Sodium levels are less than 1200 mg/day.
- Heart Healthy :** Controlled intake of fat and cholesterol. Foods with high fat content omitted. Low sodium, typically about 600 mg/meal.
- Controlled Carb:** Controlled dietary intake of refined carbohydrates. Limited dietary intake of sweetened food & beverages.
- Renal:** High phosphorus and potassium foods omitted. Low sodium, typically about 600 mg/meal.
- Gluten Free:** Utilizes gluten-free products and tries to avoid cross contamination. However, allergens are present in our facility.
- Bland Diet:** Low acidic foods, limited spices and limited garlic and onions (no raw).

Textured modified foods and other options may be available. Call 920-451-7011 to discuss options.

Delivery

Your meal will arrive between 11:15am and 12:30pm Monday–Friday. If ordered, frozen weekend meals are delivered on Friday along with the regular meals.

Volunteers

Meals are delivered by our generous, kind and friendly volunteers. As a service to the community, many area businesses allow their employees to deliver meals over their lunch hour.

We greatly appreciate all the wonderful Meals On Wheels volunteers. It's because of them the meals "Keep On Rolling!"



Volunteer Safety Policies

Pets

Please confine, leash or move pets to a separate area during the delivery time of 11:15am to 12:30pm.



Clothing

You must be appropriately clothed during the delivery hour.

Walkways

The walkways and entrance to your home should be kept clear of leaves, grass clippings, snow, ice and debris. If you need assistance with this matter, please call the Meals On Wheels office at 920-451-7011.

Falls

Be aware that our volunteers are instructed to never move a client who has fallen or is injured. They will call 911.

Important:

Drivers must see you!

Meals On Wheels volunteer drivers are instructed to follow this rule: Do not leave meals if you can't see the client! Please do not ask the drivers to leave meals when you're not at home. This rule is in place for very specific reasons.

If you realize that you won't be home when the volunteer comes, simply call our office to let us know. You can leave a message on the answering machine. This easy step could save us from having to call your emergency contact. We will leave a note for the volunteer driver.

Please note that if there is a concern and your contact cannot be reached we will call 911 !