

# Seniors living alone sometimes just don't eat right.

Cooking for one is a challenge.

Food without companionship loses its savor.

Shopping for ingredients and standing up to cook may be beyond their strength or energy level; saving energy for other tasks.

Planning a well-balanced diet can be difficult.

# That's why we bring their lunches to them!

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# HOME DELIVERED MEALS



A program of  
BayPath Elder Services at the  
SUDBURY SENIOR CENTER  
40 Fairbank Road  
Sudbury, Massachusetts 01776-1681  
978-443-3055

# HOME DELIVERED MEALS

## WHY ARE HOME DELIVERED MEALS NEEDED?

Some older adults need help with meals as they recover from illness or surgery, some can't get out to shop for groceries or have difficulty standing for meal preparation. Some may not drive, or they may need to stay in to care for a loved one. That's why a delivered meal makes sense for them.

## HOW OFTEN ARE MEALS DELIVERED?

Through the dedication of our volunteers, we deliver a hot lunch-time meal five days a week. We can also provide cold meals for seniors to heat up on weekends.

## WHAT KIND OF FOOD IS INCLUDED?

The meals are carefully designed by nutritionists to provide 1/3 of the daily nutritional requirement for seniors. There is usually a hot entrée, some kind of bread, milk, and dessert. The meals are generally low in sodium; those that are not low sodium are labelled as such. There are also special meals for diabetics and people with other medical conditions.

## WHAT DOES THE MEAL COST?

Because the meal program is subsidized by the federal government under the Older Americans Act, and because it uses surplus foods, costs are kept as low as possible. We suggest a **donation of \$3.00** a meal, but a meal is never denied for nonpayment.

## THE WELL-BEING CHECK: A HIDDEN BENEFIT

Volunteers are asked to hand the meal to the senior personally. That way, if a senior is in trouble and can't come to the door, the volunteer can alert the BayPath Elder Services staff. In this way, the home delivered meals program has actually saved lives.

## DO YOU KNOW SOMEONE WHO WOULD LIKE TO VOLUNTEER TO DELIVER A MEAL?

Volunteers can choose to deliver once a week, once every other week, or serve as a back-up to be called if a regularly scheduled volunteer can't make it that day.

Volunteers enjoy their routes, as they soon get to know the seniors they are helping. Interested people can call the Volunteer Program Coordinator at 978-443-3055.



*And if you are a senior yourself . . .*

Remember that home delivered meals are an option as you recover from surgery or an illness, or if cooking has become a burden.

*Call BayPath Elder Services directly at 508-573-7200 to sign up, or call **978-443-3055** for information!*

