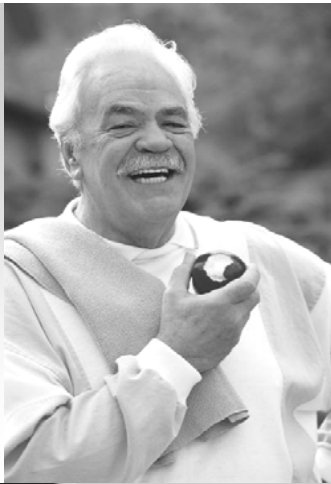


A Good  
Meal...



Delivered  
with a  
Smile.

*Sample Menu Item*

Pork chop with  
Mushroom Sauce  
Mashed Potatoes  
Vegetable Medley  
White cake, Applesauce  
Wheat Bread



If it is difficult for you to get to the door or if you have difficulty hearing the knock or the doorbell, please make sure the door is unlocked. The volunteer will always identify themselves before entering.

If you do not answer the door or let your presence be known, the driver is **not allowed to leave the meal at your home.** The driver will report your absence to the meal site manager who will then try to call you or your emergency contact to make sure that you are okay.

If you do not answer the door or your phone and we cannot reach your emergency contact, we may feel obligated to send a police officer to check on you.

*HOME*  
**DELIVERED**  
*MEALS*

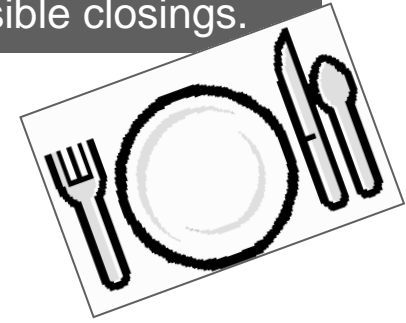


La Crosse County Aging Unit  
400 4th St North  
La Crosse, WI 54601  
(608) 785-6145



# Home Delivered Meals

Meals are delivered  
**MONDAY THROUGH FRIDAY**,  
except on holidays or on  
days with bad weather.  
Please listen to your radio  
for possible closings.



## To get a meal delivered, you must...

- Be 60 years or old or a spouse of that person.
- Be homebound.
- Be unable to participate in the Congregate Meal Program.
- Be unable to obtain or prepare adequate menus.
- Be able to feed yourself.
- Agree to be home when meals are delivered or to contact the site manager when absence is unavoidable.

## How the Program Works

- You must meet the guidelines for a Home Delivered Meal.
- Call 785-6145 to speak with the Home Delivered Meals coordinator to enroll.
- After the proper information is gathered, you will be registered to receive meals.
- A volunteer will deliver your meal to your home.

If you will be gone over lunch for any reason, it is important you let the site manager know. Please call the site manager the day before or as soon as you know, so the meal can be cancelled.

We cannot afford to waste a meal and we will be concerned about your welfare.

*A YEARS worth of Home Delivered Meals costs less than ONE DAY in the Hospital.*

Your meal site is \_\_\_\_\_,  
phone number \_\_\_\_\_.