

What is the Home Delivered Meals Program?

The Home Delivered Meals Program is a service which provides a *nutritious* meal to persons who are homebound and unable to prepare their own meals. The meals assist in maintaining or improving the health of the recipient, and in many cases, prevent premature and unnecessary institutionalization. Along with other in-home services, if needed, the older person can remain independent.

Nutritious noon meals are delivered daily Monday through Friday. Frozen meals for Saturday and Sunday may be available upon request.

If a holiday interrupts the Monday through Friday delivery schedule, no meal will be delivered on the holiday. Upon request, a frozen meal will be provided to participants prior to the holiday.

The meals provide at least one-third of the minimum daily requirements for older persons. The food is hot, tasty, and ready to eat upon delivery.

Volunteers who deliver the meals, also provide a daily check on the well-being of the older person. As health and mobility improves, the recipient can then enjoy a meal and companionship at the Burleigh County Senior Center.

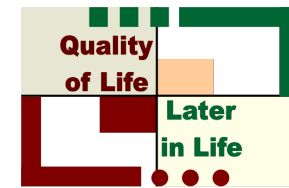
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Burleigh County Senior Adults Program

315 North 20th Street, Bismarck, ND 58501

Home Delivered Meals Program

Burleigh County Senior Adults Program
315 North 20th Street
Bismarck, ND 58501



www.BismarckSeniorCenter.org
701-255-4648
Fax: 701-222-3690
reneek@burleighsenioradults.org



Q&A

Who Provides the Meals?

The Burleigh County Senior Adults Program prepares the meals on-site at the Senior Centers in Bismarck and Wing. The Wing Senior Center also prepares meals and transports them to Sterling, ND. Meals are prepared for both the congregate setting and for delivery to the home-bound.

How Much Does It Cost?

This program is supported by federal, state, and local funds. Clients may make a contribution to the cost of the meals that they receive. The suggested contribution for Home Delivered meals is \$4.50/meal. SNAP Benefits are accepted. No one will be denied meals due to inability to contribute.

Qualifying for Home Delivered Meals

In order to qualify for home delivered meal service, the applicant must meet all of the following criteria:

- You must be 60 years of age or older. The spouse is also eligible regardless of age.
- You must live within the boundaries of the city in which they are being provided.
- You must be homebound. This means you must have a physical or mental condition making it extremely difficult to come to the Senior Center either by private vehicle, the Senior Center Shuttle, or Bis-Man Transit. This condition may be short- or long-term.

The Burleigh County Senior Adults Program is unable to provide meals for special dietary needs.



If you, a friend, neighbor, or loved one has difficulty preparing meals and is homebound, the Burleigh County Senior Adults Program Home Delivered Meals, is here for you. Home delivered meals are prepared at the Burleigh County Senior Center for Bismarck residents and at the Golden Wing Club for Wing and Sterling residents. Frozen meals are available for those outside our delivery areas.

Important Reminder

Meal cancellations must be made by 9:30 a.m. on the day the meal is to be delivered. Twenty-four hours minimum is required to establish a client in our program. Initially, an Outreach Service Coordinator will assess each person to determine their eligibility for Home Delivered Meals. Persons being discharged from the hospital will be provided meals on an emergency basis until the Outreach Services Coordinator is able to determine their needs.

For More Information

In Bismarck, contact:

Burleigh County Senior Adults Program
315 North 20th Street, Bismarck, ND 58501
701-255-4648
reneek@burleighsenioradults.org

In Wing/Sterling, contact:

Golden Wing Club Senior Center
Wing, ND
701-943-2490