

More than just a meal!

CEAP's Meals on Wheels Program is more than just a meal. Each delivery brings a smile, a human connection, & a chance at an independent life!



Meals on Wheels is funded in part by contributions from participants, the Older American Act Grant through the Metropolitan Area Agency on Aging, the Minnesota Board on Aging, and Volunteers of America Minnesota.

Meals on Wheels is available to all home bound older persons without regard to race, color, creed, religion, national origin, disability, or sex.

If you need, reasonable accommodations can be made for a disability. Upon request this information will be made available in an alternative format such as Braille, large print or audiotape. Please contact the Meals on Wheels staff at 763-450-3678 if you need assistance.

The Minnesota Relay Service at 1-800-627-3929 (or 711) is available for the hearing impaired.



Brooklyn Park Office

6840 78th Ave N • Brooklyn Park, MN
763-566-9600 • 763-566-9604 (Fax)
Serving Brooklyn Center, Brooklyn Park,
and East Champlin

Blaine Office

1201 89th Ave NE Ste 130 • Blaine, MN
763-783-4930 • 763-783-4927 (Fax)
Serving Anoka County
and parts of Ramsey County

Hours:

Monday - Friday
8:00am - 4:30pm

Website: www.ceap.org

E-Mail: info@ceap.com

CEAP is 501(c)(3) charitable organization, and is a Greater Twin Cities United Way Community Partner. All contributions are tax deductible as permitted by law. CEAP meets all standards of the Charities Review Council of Minnesota.



CEAP

Meals On Wheels Program

*Providing hot, nutritious lunches to the
homebound in our community.*

What is MOW?



CEAP's Meals on Wheels Program (MOW) provides hot, nutritious noon-time meals for home bound elderly and disabled individuals. For some it is merely a temporary solution while they

recuperate from illness or surgery. For others, it provides a permanent solution to maintaining independence. Clients make a per meal donation, and subsidy funds may be available for those in financial need.

Clients may choose from 6 entree types:

- Regular
- Low Sodium
- Reduced Calorie
- Mechanical Soft
- Low Sodium Mechanical Soft
- Puree

All meals are planned by a nutritionist and provide one-third of their Recommended Daily Allowance (RDA). Meals are delivered by volunteers, and arrive between 11:30am and 12:30pm.



Our Service Area:

CEAP's Meals on Wheels Program serves all of Brooklyn Center, Brooklyn Park, and the north Camden neighborhood of Minneapolis.

There are 40 neighborhood based Meals on Wheels programs throughout the Twin Cities area.

If you are interested in the Meals on Wheels program but live outside of CEAP's service area, please call Metro Meals on Wheels at 612-789-5007 or visit their website at www.meals-on-wheels.com, and they will direct you to the local program in your area.



Enrollment:

If you live in CEAP's service area and would like to enroll in our Meals on Wheels Program, please call our Meals on Wheels coordinator at 763-450-3678 for more information. Or visit us at www.ceap.org.

Calling All Volunteers!

CEAP utilizes volunteers to both pack and deliver its meals. Our meals consist of both hot and cold portions. Kitchen volunteers heat the hot portions, and separately pack both portions into insulated bags for delivery. Volunteer drivers then pick up the meals assigned to their routes around 11:00am and make between 8 to 16 deliveries during the lunch hour. Deliveries are made Monday - Friday, and routes take approximately 1 to 1.5 hours to complete.

All you need to become a MOW volunteer is a genuine interest in helping others, a vehicle, a valid driver's license, and proof of current auto insurance. We provide training, and maps for deliveries. You can volunteer by yourself or with a partner once a week, every other week, or once a month.

You can also volunteer as a substitute driver, delivering meals on an "on-call, as needed" basis. Volunteers are essential to maintaining the program and are always a welcome sight!

If you are interested in becoming a volunteer please call CEAP's Volunteer Coordinator at 763-450-3679.

