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envelopes are available from your driver. If absolutely necessary you may give your donation to the driver but this method is not preferred. A receipt will be given to you by the driver; if they forget, please remind them.

**If you are not going to be home to receive your meal...**

Sometimes you will have an appointment and will not be at home to receive your meal. **No meal is left unless contact is made with the participant.** When this is the case, **please phone the Office for the Aging ahead of time and let us know.** The Office still has to pay for your meal even if you are not there to receive it. Help us to save money and just let us know.

If we receive no call to cancel and the driver reports no one at home 3 or more times in a month we may cancel meals.

**Registered Dietician Services**

Many seniors find themselves on a doctor ordered “special diet” such as low fat, low cholesterol, or low salt and then have questions about what they can eat. Our

Registered Dietitian will help you design menu’s which you like to eat and still be in compliance with your diet.

Our *Nutrition News* newsletter is also on line at our website: [www.herkimercounty.org](http://www.herkimercounty.org)

**Questions**

If you have any questions or problems concerning the Meals on Wheels Program, please contact the Office for the Aging at 867-1204.



**NY Connects**  
Your Link to Long Term Services and Supports

**Herkimer County Office for the Aging**

County Office Building  
109 Mary Street, Suite 1101  
Herkimer, NY 13350

**Phone: 315.867.1204**

**Fax: 315.867.1448**

**Email: [hcofa@herkimercounty.org](mailto:hcofa@herkimercounty.org)**

**Web: [www.herkimercounty.org/departments/ofa/ofa.htm](http://www.herkimercounty.org/departments/ofa/ofa.htm)**

**Publisher/Welcome to Meals on Wheels, Rev. 01/18**



**Welcome to Meals-on-Wheels**

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**Herkimer County Office for the Aging**



*We're here when you need us.*

**(315) 867-1204**

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## Welcome to the Meals-on-Wheels Program

This brochure was designed to provide you with basic information about the Meals on Wheels program. Please save it for future reference as it will answer many questions you may have. If you have any questions not covered here, please just give us a call, we'll be happy to provide you with the information you need.



### Delivery Days

Meals on Wheels are delivered Monday through Friday around noon. Some areas receive frozen meals and those meals are delivered every 2 weeks.

Your meal will arrive about the same time every day, however, the driver may be running late for some reason. If this is the case, *please allow the driver 15-20 minutes before calling the Office to check on your meal.*

No meals are served on the following holidays: New Year's Day; Martin Luther King Jr., Day; President's Day; Good Friday; Memorial Day; Fourth of July; Labor Day; Columbus Day; Election Day; Veteran's Day; Thanksgiving, Day after Thanksgiving and Christmas.

### The Meals

Each meal you receive meets 1/3rd of the RDA (Recommended Daily Allowances.) This means that each meal provides you with the vitamins and nutrients that your body needs. The portion sizes are also based on these RDA's.

### Donations

Donations play a vital part in the continuation of the Meals-on-Wheels Program. It costs the Office for the Aging over \$6.00 to have your meal delivered to your door, but ***the suggested donation is only \$3.00.*** Persons with self-declared incomes at or above 185% of the federal poverty level are encouraged to make a contribution equal to the cost of the meal.

Although we do receive state and federal aid for meals, the amount we re-

ceive does not cover the cost. We ask that you consider these things when making your donation.

You can donate daily, weekly, bi-weekly, or monthly. Food Stamps are accepted by filling out a voucher; please ask your driver. ***No one who cannot donate will be denied services.***

***Please make checks payable to HCOFA Nutrition Program and mail them to:***

***Herkimer County OFA  
Suite 1101, 109 Mary St.  
Herkimer, NY 13350-2924  
OR***

***Herkimer County Office for the Aging/NY Connects now has the ability to accept online donations on our website. Anyone can donate. To make an online donation go to <http://herkimercounty.org/content/Departments/View/3>.***

We ask that you mail your donations to the Office, unless you do not have a checking account or it is difficult for you to write checks. Pre-addressed