

## **Registered Dietician**

- Many older adults have a "special diet" or just want to eat healthier
- We have a Registered Dietitian to help you with your diet needs and questions
- Call the OFA (315) 867-1204

## **Contributions**

- Office for the Aging suggest a voluntary contribution of only \$3.00 for your meal
- Your voluntary contribution plays a vital part in the continuation of the Meals-on-Wheels Program
- Each meal costs the Office for the Aging over \$7.50 to have your meal delivered to your door
- We do receive state and federal aid for meals, but not enough to cover the cost.
- No one will be denied services for inability to contribute
- Voluntary contributions can be made daily, weekly, bi-weekly or monthly

## **ONLINE CONTRIBUTIONS**

To make an online voluntary contribution go to:

**<http://herkimercounty.org>**  
Departments - Office for the aging -  
Scroll to bottom of page for online contributions  
Information

## **Mail Contributions**

Herkimer County OFA  
109 Mary Street  
Suite 1101  
Herkimer, NY 13350  
Make checks payable to  
HCOFA Nutrition Program

**We appreciate your  
support!**

**For more information on all of  
OFA services  
visit our website  
[WWW.HERKIMERCOUNTY.ORG](http://WWW.HERKIMERCOUNTY.ORG)  
DEPARTMENTS/OFFICE FOR THE AGING**

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

**315-867-1204**



**Herkimer County Office for  
the aging**



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



## **Welcome to Meals-on-Wheels**

**Herkimer County  
Office  
for the  
Aging**



*We're Here when you need us*

**(315) 867-1204**

## Welcome to the Meals-on-Wheels Program

### Meals - on - Wheels

- Must be at least 60 years old and disabled due to chronic or temporary condition
- Full meal offered at Lunch Monday—Friday, excluding all holidays
- All meals meet 1/3rd of the DRI (Dietary Reference Intakes) which portions are based on
- Well balanced meal without the shopping, cooking and cleaning!
- Each meal includes bread, margarine, milk and dessert.
- Monthly menu provided
- You must be home to receive your meal



### NOT Home for Meal

- If you will not be home for a meal to be delivered **NO** meal is left as we need to make contact with the participant

Please call Office For the Aging  
(315) 867-1204 to notify us  
24 hours in advance of the days  
you will not be home for delivery

- If you are a no call to cancel and no one is home 3 or more times in a month you may be canceled

### Delivery Days

- Meals are delivered around noon Monday through Friday
- Your meal will arrive around the same time daily with the same driver
- Please allow driver 15-20 minutes to arrive before calling office

### Holidays Meals are NOT delivered

- New Years 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 along with day after
- Christmas Day

