

SENIOR NUTRITION PROGRAM

Meals on Wheels,
Frozen Take-Out Meals, &
Liquid Nutritional Supplements
for Island County Residents Age 60+



Island  Senior Resources

P.O. Box 939 Freeland, WA 98249
360-321-1600 • 360-678-3373
www.senior-resources.org

Do you need help to eat well?

Eating well is key to a robust immune system and maintaining health and well-being.



Reach out to us.

Contact us by phone
or request assistance
on our website.

To view monthly menus, go to:
www.senior-resources.org/nutritionmenu

Meals on Wheels

- Nutritious, well-balanced meals (that meet 1/3 of daily nutritional requirements for older adults) delivered to your home by friendly volunteers
- Provides essential human connection
- Hot and frozen meals delivered MWF at lunchtime
- Client wellness checks provide information, resources, and a sense of security for family and loved ones
- For short-term and long-term needs
- Delicious, healthy meals; most meals made from scratch; sugar free and gluten free meals available

Frozen Take-Out Meals

- Available MWF at locations throughout Island County; call to arrange pick-up

Liquid Nutritional Supplements

- Available by the case
- Doctor's prescription required
- Suggested Donation \$30/case of 24

ELIGIBILITY:

Recipients must be age 60+ (or the spouse of a person 60+); unable to shop for and/or prepare a full meal; and at risk for malnutrition

COST:

Meals are provided "by-donation" and clients pay what they can. Donations are needed to keep the program running.

Suggested Donations:

\$6/hot meal \$5/frozen meal
\$30/case of liquid nutritional supplements

Our staff and volunteers practice the highest level of COVID-19 health precautions.



You are welcome here.



You are
safe here.

Your needs
are important.

We at Island Senior Resources value, respect, and support individuals of every race, color, ethnicity, gender identity, sexual orientation, ability, age, socio-economic status, religion, non-religion, and national origin, who make up the whole of our community.

Island Senior Resources is the trade name for Senior Services of Island County. We are the only private nonprofit in northwest Washington that provides the array of resources we do. Established in 1972, Island Senior Resources is a private 501 (c)(3) not-for-profit organization.

Our Mission

To provide resources that enhance the emotional, social, and physical well-being of seniors, adults with disabilities, and those who care for them.

Our Vision

Island Senior Resources envisions strong communities where seniors, adults with disabilities, and those who care for them are valued, heard and seen, cared for and about, afforded respect, treated with dignity, and supported to live their best life.

