



Meals on Wheels



## Helping seniors and individuals with disabilities maintain their independence and nutritional well-being.

- + An affordable, hot and nutritious lunch delivered with a wellness check
- + Optional light supper available
- + Deliveries offered Monday through Friday throughout Porter County
- + Meals are delivered between 10:45am and 1:00pm
- + 10 dietary accommodations available
- + Financial assistance is available for those who qualify

Of home-delivered meal participants:

**77%** say the meals *help improve their health*

**85%** say the meals *help them feel more secure*

**92%** say the meals *them live independently*

\*Source: Meals on Wheels America

To sign up for meal delivery by calling (219) 462-5195 or visit [www.vnanwi.org](http://www.vnanwi.org)!

1450 E. Joliet St.  
Crown Point, IN 46307

501 Marquette St.  
Valparaiso, IN 46383

[www.vnanwi.org](http://www.vnanwi.org)



making best days possible.

Serving Jasper, Lake, LaPorte, Newton, Porter, & Starke counties

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# VNA Meals on Wheels Sample Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			Stuffed Cabbage Mashed Potatoes Green Beans Coleslaw Graham Cracker	Chicken Kiev Herb Roasted Potatoes Brussels Sprouts Pasta Salad Orange
No Meal Delivery Today Happy Holiday!	Roast Turkey Mashed Potatoes Garden Blend Veggies Cottage Cheese Vanilla Pudding	Herb Chicken Breast Baked Potato Carrots Kidney Bean Salad Cookie	BBQ Ribs Red Potatoes Corn Beets Fresh Orange	Fried Chicken Mashed Potatoes Italian Green Beans Coleslaw Jello
Mac & Cheese Capri Blend Veggies Pasta Salad Chocolate Pudding	Butter Crumb Cod Mashed Potatoes Stewed Tomatoes Three Bean Salad Mixed Fruit Cup	Lemon Pepper Chicken Parslied Potatoes Beets Corn Salad Jello	Beef Stew with Carrots & Potatoes Cauliflower Potato Salad Cookie	Baked Chicken Mashed Potatoes & Gravy Corn Carrot Raisin Salad Apple
Buttermilk Chicken Mashed Potatoes & Gravy Broccoli Macaroni Salad Graham Cracker	Baked Fish Parsley Potatoes Coleslaw Pineapple	Spaghetti & Meat Sauce Pea Salad Oatmeal Cookie	Meatloaf Mashed Potatoes & Gravy Carrots Green Bean Salad Vanilla Pudding	Chicken Cordon Bleu White Rice Succotash Cottage Cheese Applesauce
Salisbury Steak Mashed Potatoes & Gravy Mixed Veggies Potato Salad Apple	Herbed Baked White Fish Baked Potato California Blend Veggies Carrot Salad Chocolate Pudding	Pulled Pork White Rice Carrots Beets Kidney Bean Salad Jell-O	Roasted Turkey Mashed Potatoes & Gravy Broccoli Coleslaw Cookie	Spareribs Sauerkraut Green Beans Red Potatoes Macaroni Salad Mixed Fruit

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# VNA Meals on Wheels Frequently Asked Questions



## What does a meal consist of?

- + Hot lunch  
3 oz. protein or 6 oz. casserole  
Potato or substitute (½ cup)  
Hot vegetable (½ cup)  
Salad (½ cup)  
Bread or Roll; Dessert or Fruit (½ cup)  
Milk (1 cup)
- + Optional Light Supper  
2 oz. meat, cheese, or egg substitute  
as a sandwich or with crackers  
Fruit (½ cup)  
Juice (1 cup)

## What time do meals arrive?

- + In Portage 10:50am - 12:30pm
- + In Valparaiso 11:00am - 12:30pm
- + In Hebron 11:15am - 1:00pm
- + In Chesterton 11:00am - 12:30pm
- + In Kouts 11:15am - 1:00pm

\*Please allow extra time during bad weather

## How much do meals cost?

- + The hot lunch is \$6.50 per day.
- + The hot lunch with optional light supper is \$9.10 per day.

## How do I pay for Meals on Wheels?

- + Statements are mailed the 15th of each month, for the previous month's meals.
- + Checks and money orders should be made payable to VNA Hospice NWI and mailed to: 501 Marquette Street, Valparaiso, IN 46383.
- + Financial assistance is available for those who qualify.

## How do I cancel a meal?

- + Please call (219) 462-5195 no less than 2 business days before you would like to cancel.
- + For a Monday cancellation, please call by the Thursday before.

\*We reserve the right to charge for meals that were canceled without proper notice. Credit will be provided for cancellations received on time.

## How often are meals delivered?

- + Meals are delivered Monday–Friday.
- + NO meals are delivered on Saturdays, Sundays or the following holidays: New Year's Day, Memorial Day, the Fourth of July, Labor Day, Thanksgiving Day, and Christmas Day.

\*\*If the holiday falls on a Saturday, you will not receive a meal on Friday. If it falls on a Sunday, you will not receive a meal on Monday\*\*

\*Special meals may be available by request on Thanksgiving Day and Christmas Day. Information about the special meal will be sent to you a few weeks prior to the holiday. You must sign up to receive the meal.

## What happens in bad weather?

- + If road conditions are hazardous for volunteers, meals will not be delivered.
- + You will NOT receive a phone call when meal delivery is canceled. Cancellation notices will be shared on the radio stations and websites below. You can also call the VNA at (219) 462-5195 to confirm.

Radio station: *Indiana 105.5 FM*

Online: *NWI.com/closings*

Online: *Facebook.com/VNAofNWI*



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# VNA Meals on Wheels Frequently Asked Questions



## What happens if I do not answer the door for my meal delivery?

- + If you do not answer the door during meal delivery, the volunteer will leave the meal and notify staff you did not answer.
- + Staff will call you to make sure you are alright. If you do not answer, staff will call your emergency contact.
- + If you know you will not be home during meal delivery time, please call us at (219) 462-5195 so we know not to call you or your emergency contact.

## Other Important information:

- + The hot food tray can be refrigerated for up to 3 days then reheated or frozen for up to 1 month then reheated.
- + Please maintain a safe environment both outside and inside your home for the volunteers and staff to deliver your meal.
- + Please keep in mind that while you love your pet and your pet loves you, they may not like our volunteers and our volunteers might prefer not to interact with them. Please ensure a safe environment for our volunteers to deliver your meal by keep pets leashed or away from the door.
- + A volunteer is under no obligation to enter your home if they feel it is unsafe or uncomfortable. They will leave your meal at your door and notify staff of the issue.
- + The 10 Dietary restrictions we can accommodate are:
  - Heart Healthy
  - Low Sodium
  - Diabetic
  - Dental Soft
  - Puree
  - Renal
  - Low Vitamin K
  - Calorie Control
  - Diverticulitis
  - Low Potassium



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