# JFCS Jewish Family and Children's Service of Minnesota

## ♥ KOSHER MEALS ON WHEELS

JFCS provides Kosher Meals on Wheels to clients within our service area. Frozen meals are delivered once a week directly to the client's home.

### Who can use this program?

Kosher Meals on Wheels is available to adults who would benefit from the program. Many clients accessing the program are over the age of 60, but there is no age restriction to participate. All meals are Kosher and meet the general requirements for Halal meals.

### How do I sign up?

Register by calling 952-546-0616.

### How much does it cost?

Meals are $7.00 each. A sliding-fee scale is available based on income.

### How are meals delivered?

Kosher frozen meals are delivered once per week. Meals will arrive between 10 a.m. and 2 p.m. on your scheduled delivery day. Someone must be home to accept your meal.

### What is in my meal?

Meals are nutritionally balanced and include a variety of meat or dairy items, beverages and desserts. Each meal provides one-third of the Recommended Dietary Allowance – the estimated amount of a nutrient (or calories) per day considered necessary for the maintenance of good health, according to the Food and Nutrition Board of the National Research Council/National Academy of Sciences.

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## *For more information call 952-546-0616*

### OUR MISSION

Jewish Family and Children's Service of Minnesota provides essential services to people of all ages and backgrounds to sustain healthy relationships, ease suffering, and offer support in times of need.

### OUR VALUES

Based on the Jewish concept of *tikkun olam* (repairing the world), Jewish Family and Children's Service of Minnesota believes everyone is entitled to equal economic, political and social rights and opportunities. As a human service organization, we value:

> Compassion
> Inclusion
> Innovation
> Integrity
> Collaboration

**Lead Sponsor**
The Oren and Sharron Steinfeldt Foundation

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**jfcsmn.org**

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