

KOSHER MEALS ON WHEELS

JFCS Kosher Meals on Wheels helps older adults and other eligible community members stay healthy and independent through weekly home delivery of up to 7 frozen, nutritionally balanced kosher meals.

Who can participate?

Kosher Meals on Wheels is available to adults living in our service area who would benefit from nutritious, home-delivered meals because they are unable to prepare meals for themselves. While many participants are age 60 or older, there is no age requirement to participate. All meals are kosher and meet the general requirements for Halal meals.

How much does it cost?

Meal costs are based on income and household size. Various subsidy programs may help cover the cost of meal delivery services, and no one will be turned away because of an inability to pay.

How are meals delivered?

Kosher frozen meals are delivered once per week to your home. Meals will arrive on your scheduled delivery day during your assigned delivery window. Someone must be home to accept your meal, unless other arrangements have been pre-approved.

What is in my meal?

Our frozen meals are kosher, nutritionally balanced, and include a variety of entrées, beverages, and sides. Each meal is designed to provide one-third of the daily recommended nutritional requirements for older adults. Participants can choose from more than 20 meal options, including poultry, beef, fish, vegetarian, and Asian-inspired dishes, allowing them to select meals that best fit their preferences.

How do I sign up?

To learn more or enroll, call 952-546-0616. JFCS staff are happy to answer questions, discuss eligibility, and help you determine whether Kosher Meals on Wheels is the right fit for you.

**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

Sponsors

Elyse Rabinowitz & Jim Porter
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Funded under an award with Metropolitan Area Agency on Aging as part of the Older Americans Act, and Ramsey County as a member of Senior Services Consortium of Ramsey County

