

Newsletter Article
Home Delivered Meals Program
June 2020

One of the lesser-known, but vital, programs CSO has is its Home Delivered Meals program. This program is designed to enhance the health and independence of homebound individuals who reside in Northumberland County. If you are under the age of 60 and unable to safely shop for or prepare meals this may be a valuable resource for you.

The Home Delivered Meals program in the United States was founded right here in Pennsylvania. The earliest reported program originated in 1954 in Philadelphia by Margaret Toy, a community activist. Along with a group she organized, the "Platter Angels", they delivered warm suppers to "homebound" people in need during a particularly harsh winter. The program has flourished since then and evolved into the program we have today.

Under our program, participants receive 7 meals once a week. These are well-balanced, nutritious meals that just need to be heated. The meals also come with accompanying desserts, salads, and bread. All meals are prepared under the supervision of the American Dietetic Association or a Registered Dietitian. It is a convenient way for homebound individuals to get healthy food that is easy to prepare themselves.

The Home Delivered Meals program requires having an over-the-phone intake done, and a document that must be completed by a physician stating the individual has a physical, mental or emotional disability, which prohibits them from leaving his/her residence regularly and/or prevents them from preparing a nutritious meal. Once that is completed, a meeting is scheduled, and then services can begin.

CSO has a limited number of individuals they can serve under this program, but currently, there are a couple of openings. If you feel that you, or another Northumberland County resident you know, would benefit from this program, call 570-644-6575, ext. 171 for more information.