



FREE MEALS FOR SENIORS & VETERANS 60 & OVER

YOU MAY BE ELIGIBLE TO RECEIVE NUTRITIOUS,
HOME-DELIVERED MEALS FROM MEALS
ON WHEELS, ABSOLUTELY FREE! ARE YOU
INTERESTED IN ENROLLING?

How often are meals delivered?

The program delivers a week's worth of meals, breakfast bags and weekend meals if needed to seniors in the Meals on Wheels program.

Why should I receive Meals on Wheels?

Interfaith Ministries' Meals on Wheels for Greater Houston program provides home-delivered meals to homebound seniors, veterans and disabled adults 60 & over in five counties. This nutritional support helps seniors stay independent and in their own homes.

Is the service FREE?

YES! Meals on Wheels is a free service.

Do we need proof of disability?

No

Who delivers the meals?

Count on a smiling face and friendly conversation with the volunteers and professional staff who deliver your meals. They genuinely care about your well-being.

Enrollment Criteria:

- 60 years or older or disabled
- Homebound and not able to work
- Honorable discharge documentation required for veterans
- Spouses, surviving spouses, or dependents of veterans with documentation



MEALS on WHEELS
GREATER HOUSTON



This program is supported by a grant from the Texas Veterans Commission Fund for Veterans' Assistance. The Fund for Veterans' Assistance provides grants to organizations serving veterans and their families. For more information, visit TVC.Texas.gov.

SIGN UP

Call us today at **713-533-4978** and speak with a friendly staff member to see if you qualify.
Visit Meals on Wheels online at imgh.org/MOW.