



# 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

## 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](http://imgh.org/MOW)**.



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