

About Traveling Meals



About the Meals:

Meals are prepared and assembled at Beth Israel Deaconess Hospital in Needham.

A two-meal package contains one hot meal and a sandwich, milk, fruit, juice, bread and butter and dessert. Traveling Meals are delivered by volunteers. Many of the volunteers are Needham residents giving back to their community.

Cost: \$5.50 for each two meal package

Special Meals: *diabetic, low-fat, low cholesterol, cardiac & low sodium also available*

Note: *Clients who receive home care from Springwell, Inc., may be eligible to have their meals paid for by a grant from Springwell, Inc.*

Participation:

Any Needham resident, regardless of age or income, having cognitive or physical limitations which restrict their ability to shop for food or prepare meals is eligible for this service.

Client information is confidential

Personal Contact:

Client safety is an important goal. Many times the Traveling Meals volunteer is the only daily contact for a resident. If a client does not answer when the driver is delivering the meals, the driver then contacts the Needham Public Health Department. The necessary steps are then taken to ensure the well-being of the client.



VOLUNTEERS NEEDED!

Volunteering could
make your spirits

SOAR!

Volunteers are the “heart and soul” of this program.

The Monday through Friday operation of meal preparation requires **2-3 packers on a daily basis to set up meals for delivery. 5-7 drivers** are necessary to ensure that meals are delivered within the allotted time.

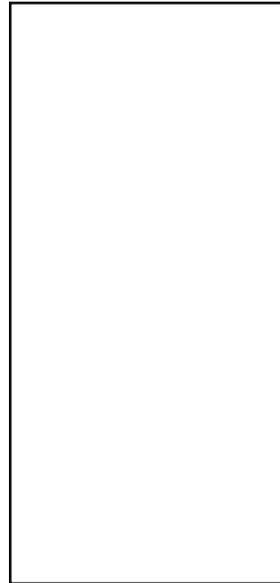
Can you spare 2 hours a day to pack meals or 1 hour a day to deliver meals (or substitute)? If so, your commitment can be as long term or short term as you would like.

Packers: M-F 9:00am-11:00am

Drivers: M-F 10:45am-
12:30pm

To volunteer please call:

781-455-7500 ext. 257



Needham Public Health
Traveling Meals Program
1471 Highland Avenue
Needham, MA 02492

*Serving
Needham Residents*

Traveling Meals Program



1971—2015
Delivering Hot and
Cold Meals

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Tel: 781-455-7500 Ext. 257