

# How Meals Travel

## With Your Help: Please Volunteer

If you have a weekday morning available or if you would like to be a substitute, please help. There are no holidays or summer commitment required.



### Hours to help pack meals are:

8:30am-11:00am

Monday– Friday

### Hours to deliver meals are:

10:45am-12:30pm

Monday– Friday

## Fundraising Committee

The **FRIENDS** of the Board of Health and Traveling Meals Program raise funds for program and activities that are not government funded.



## Donate

Your financial support provides meals, electricity and home heating fuel for many Needham residents.

To volunteer or to donate, please call  
The Traveling Meals Program  
781-455-7940 Extension219

Traveling Meals Program  
178 Rosemary Street  
Needham, MA 02494

Needham Public Health Division

# Traveling Meals Program

Since 1971

Delivering  
lunch with dinner

5 days: Monday-Friday  
or  
3 days: Monday, Wednesday  
and Friday



Traveling Meals Program  
178 Rosemary Street  
Needham, MA 02494

## Who We Are

### Needham Public Health Division Traveling Meals Program

The Program began in 1971 when one person heard that another Needham resident was in need of meals. By the end of the year other residents were receiving meals: more than 900 meals had been distributed.



**Volunteers** from Needham enjoy giving back to their community. Their involvement with assembling meals, distributing them, makes it possible to deliver meals to homebound residents.



### Fundraising Committee.

The FRIENDS of the Board of Health and Traveling Meals Program help support those in need.



## What We Provide

**Homestyle meals** are prepared by the culinary staff of the Beth Israel Deaconess Hospital-Needham.



Daily delivery contains:

- **1 Lunch** consisting of a sandwich, milk, fruit, with juice
- **1 Dinner** of a hot entrée with roll and butter, with a dessert



**Cost: \$5.75**

**Our appetizing meals** are prepared with no added salt, low-fat and low cholesterol.

Special meals such as a Diabetic Diet can be accommodated.

### Personal Contact:

Many times the Traveling Meals Program volunteer is the only daily contact for a homebound resident. Client safety is an important goal. At the time of delivery, if a client does not answer, the necessary steps are taken to ensure the well-being of the client.

## Who We Serve

### Needham residents meeting the following criteria:

- Homebound with physical or cognitive limitations which restrict their ability to prepare or to provide for their daily meals
- Live alone without support of family or homemaker services
- Unable to drive
- Caregivers in need of respite
- Must be home to accept meal

**There are no age or income restrictions.**



### This Program is made possible by:

- Town of Needham
- Beth Israel Deaconess Hospital
- Volunteers
- FRIENDS of the Board of Health and Traveling Meals Program

**To inquire or to enroll: Contact  
Traveling Meals Program  
781-455-7940 extension 219**