







Arrowhead Senior Nutrition Services

GOOD NUTRITION:

-  *Improves health*
-  *Strengthens immune system*
-  *Promotes better mental health*
-  *Shortens hospital stays*
-  *Lowers health costs and saves money*
-  *Reduces disabilities*
-  *Prolongs independence*

Arrowhead Senior Nutrition programs are sponsored by the Arrowhead Economic Opportunity Agency. This project is funded under contract with ARDC's Area Agency on Aging as part of the Federal Older Americans Act Program. In addition, the program receives state and county appropriations, local cash and local in-kind contributions.

AEOA is a private non-profit organization.

702 Third Ave Virginia, MN 55792
(218) 749 2912 or (800) 662-5711

AEOA Senior Nutrition Services



ARROWHEAD SENIOR NUTRITION SERVICES

“Helping Seniors live Healthy, Independent Lives with Nutritious Meals and Services”

**Arrowhead Economic Opportunity Agency
Senior Nutrition Services
702 Third Avenue South
Virginia, MN 55792
(800) 662-5711,
Extension 6899 or (218) 735-6899**

Food & Nutrition Services

NUTRITION SERVICES

- Provide nutrition assessments.
- Offer group and individual nutrition education.
- Provide access and referral to services that impact nutrition.

FOOD SERVICE

- Menus approved or developed by a registered dietitian.
- Meals provide over 40% of the daily intake of most key nutrients.
- Nutritional analysis of menus.
- Option of frozen meal service packaging. The meals can be reheated either in the oven or microwave. Please check for availability.

"Community Action ~ Helping People ~ Changing Lives"

Food & Nutrition Services

MEALS ON WHEELS (Home Delivered Meals)

Dining patrons that are “homebound”, we offer home delivery. You must be 60 years of age or older and unable to drive to qualify for Meals on Wheels.

ELIGIBILITY

Dining patrons must complete a registration form that verifies eligibility. Eligibility criteria includes:

- 60 years of age or older and their spouse (regardless of age).
- To receive home delivered meals the dining patron must be assessed to be “homebound”.
- There is no income criteria.

RESERVATIONS

We ask that dining patrons make reservations no later than 9:00 am the day you wish to join us by calling **AEOA at (800) 662-5711**. The same goes for canceling your reservation—no later than 9:00 am. We also ask that “Homebound” patrons afford us this same courtesy.

Food & Nutrition Services

RESERVATIONS (Continued)

If you are not going to be home, please cancel your meal by calling AEOA so we know you are all right. Please help us ensure that you receive the best possible service.

PAYMENT FOR SERVICES

Eligible patrons are requested a \$4.50 contribution. Ineligible guests of patrons are required to pay the posted full price.

Here’s what friends of **Meals on Wheels** say about our service:

- It’s a wonderful service.
- Thank you. You make it possible for me to stay at home.

Please note: To register for Meals on Wheels, to make reservations or cancellations, you must call AEOA. North Shore Area Partners only delivers the meals.

