

Meals On Wheels

Much More Than A Meal



Become a volunteer today.

Please call Cheryl Johnson at

(208) 327-8552



707 N. Armstrong Pl.

Boise, ID 83704

(208) 327-8552

cdhd.idaho.gov

Volunteer For Meals On Wheels



Central District Health Department

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Much More Than A Meal



Meals On Wheels brings valuable human contact to our clients. A hot meal delivered with a smile can be much more than a nutritious dinner. It is often the high point of the day for both **volunteers** and seniors.

What is Meals On Wheels?

Meals On Wheels is a program of Central District Health Department. The program provides one hot, nutritious home delivered meal for senior citizens daily. Each meal contains at least one-third of the Recommended Dietary Allowance.

Meals are delivered between 11:00 a.m. to 1:00 p.m. Mon-Fri. A route consists of 6 to 16 stops and can be done over the lunch hour.

For the more active senior, meals are served at Senior Centers in the communities of Star, Eagle, Meridian, Kuna, Glens Ferry, Garden City, Mountain Home, plus: The Northgate Retirement Center, Boise Senior Activities Center, and The Samaritan Village Apartments in Boise.

Who Does Meals On Wheels Help?

These meals provide homebound seniors with the opportunity to live independently at home. Ada and Elmore county residents 60 years of age and older may be eligible.

How Can I Help?

Meals On Wheels needs teams of co-workers or individual volunteers to spend a lunch hour delivering meals to these special people.

Your group or company also has the opportunity to show how much you care about our community. Cash donations, volunteers, in-kind services, and sponsorships are welcome.

