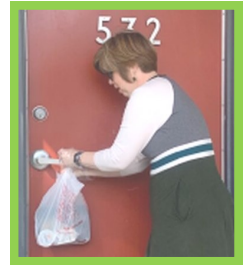




MEALS on WHEELS



Apply Yourself or Refer Somebody

To Receive Meals

What is Meals on Wheels: We deliver 5 frozen nutritious meals once-a-week to the client's home.

Eligibility: ■ Anyone age 60 or older

■ Homebound — dependent on others for transportation

■ Unable to prepare meals and no one available to prepare meals

To Apply or Refer Somebody: Please call Meals on Wheels at (510) 412-0166, Monday through Friday, between 9 a.m. and 2:30 p.m.

Contactless Delivery: We use social distancing to deliver meals to clients.



**Meals on Wheels
West Contra Costa Region**
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San Pablo, California 94806
510-412-0166
Email: wccmow@att.net
www.wccmow.com
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