



Meals on Wheels helps feed those who are unable to prepare meals themselves.

Monday through Friday one complete meal and a sandwich are delivered and frozen meals are available to cover the weekends and holidays.



Meals on Wheels is a program of Lutheran Service Society which has been providing nutritious meals to seniors in the community since 1968.

Lutheran Service Society is a nonprofit human services provider with the mission to empower our neighbors to lead independent, dignified, and secure lives.

Lutheran Service Society is an affiliate of Lutheran SeniorLife, a premier provider of senior living communities throughout southwestern Pennsylvania.


Lutheran SeniorLife
Lutheran Service Society

440 Lincoln Avenue
Pittsburgh, PA 15202
724-378-8050
www.lutheranseniorlife.org



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724-378-8050

FEATURES

Nutritious. Daily meals contain 2/3 of the Recommended Daily Allowance of nutritional content for seniors.

Affordable. A contribution of \$6.50/day is requested from participants. This and private donations cover the cost however no one will ever be turned away due to lack of funds.

Daily Visit. In addition to delivering meals, trained volunteers check on participants, offering peace of mind to them and their family members.

ELIGIBILITY

To qualify for Meals on Wheels, participants must demonstrate:

- The inability to plan, shop, and prepare nutritious meals
- A temporary or permanent physical or psychological impairment
- Lack of incentive to prepare meals due to physical, social or psychological factors.
- No or few other support resources are available
- The ability to otherwise live independently



SERVICE AREAS

With kitchens in Aliquippa and Rochester and distribution sites at St. James Temple and Economy VFD #3, Meals on Wheels volunteers deliver to the following communities:

- Aliquippa
- Ambridge
- Baden
- Beaver
- Bridgewater
- Brighton Township
- Center Township
- Conway
- East Rochester
- Economy
- Fair Oaks
- Five Points
- Freedom
- Hopewell Township
- Logstown
- Monaca
- New Brighton
- Pulaski Township
- Vanport
- West Aliquippa

Meals on Wheels wouldn't be possible without volunteers and donations from area businesses, organizations, and private individuals.

DONATIONS

Your donation can help individuals in your area who are not able to afford to contribute towards the Meals on Wheels service. Donations of food and supplies are also greatly appreciated. Please contact us to find out what donations are needed.

VOLUNTEERS

Meals on Wheels has more than 100 volunteers who deliver meals to the homes of the participants. Individual and group volunteer opportunities are always available. Please consider joining our team and helping the seniors in your community.

To sign up for Meals on Wheels or for information on donations, volunteering, or referring someone for meals, please call 724-378-8050 or email diana.dengel@lutheranseniorelife.org.




**Lutheran
SeniorLife**
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Society