

SENIOR INFORMATION & ASSISTANCE

Northwest Regional Council
600 Lakeway Drive
Bellingham, WA 98225
(360) 738-2500 (V/TDD) or (360) 380-8121

Whatcom/San Juan Nutrition Project Meals on Wheels & Nutrition Supplements

Whatcom/San Juan Nutrition Project offers home delivered meals, congregate meals, and liquid nutritional supplements to individuals who are 60 and older. Please read the following information to find out program eligibility and what each program offers.

Meals on Wheels – Home Delivered Meals

Eligibility

- An individual must be considered homebound. "Homebound" is defined as unable to leave home without assistance.
- An individual must be at least 60 years old, the spouse of an eligible person, on the COPES Program, or the dependent child living with the eligible client.

Process for Receiving Meals

- Call Whatcom/San Juan Nutrition Project at (360) 733-4030, Monday-Friday from 9:00am - 3:00pm.
- Staff will gather basic information to determine eligibility and establish a starting date for delivery.
- During the first couple of weeks, a staff person will visit to see how the recipient likes the meals and if there are any other services needed.
- Initial orders consist of a variety of meals and a form for future ordering.
- The meals are delivered on Tuesday or Thursday between 10:00am and 2:00pm.

The Meals

- There are over 35 selections from which to choose.
- The meals are frozen and are available for the microwave or conventional oven.
- All meals are one third of the Recommended Dietary Allowance for persons 60 years of age and older. The meals are also low in fat, cholesterol, sodium and spices.
- The meals are suitable for a diabetic as long as he/she follows his/her meal pattern and insulin correctly.

Cost/Donation

- A suggested donation of \$3.00 - \$5.00 per meal or what is affordable is requested.
- Cash, checks or food stamps are accepted as donations.
- Donations can be mailed to Whatcom/San Juan Nutrition Project at 315 Halleck Street, Bellingham, WA 98225 -OR- can be given to the volunteer who delivers the meals.
- If requested, a monthly donation reminder can be mailed to you.

Liquid Nutrition Supplements

Eligibility and Requirements

- 60 years of age or older
- Fill out a request form. Client will need to have a prescription from a physician or a referral from a dietitian or other healthcare professional.

Process for Receiving Liquid Nutrition Supplements

- Supplements can be delivered if the client is homebound (can't leave the home without assistance).
- Supplements can be picked up through the Whatcom/San Juan Nutrition Project at 315 Halleck Street, Bellingham, WA 98225, Mon.-Fri. from 8:00 am - 4:00 pm.

Product

- Boost HC is available in Chocolate, Vanilla and Strawberry. Boost HC contains 360 calories per 8 oz can.
- Clients can receive 2 cases per order, but are limited to 2 cases per month. Each case contains 24 cans.

Cost/Donation

- Clients are asked to donate \$20.00 per 24-can case or what they can afford.
- About 1/3 of the costs are covered by a grant through the Older Americans Act. The remaining costs are covered by donations from participants and the community.

Other Meal Options

Congregate Meals

- The Whatcom/San Juan Nutrition Project offers hot, nutritionally balanced meals at fifteen meal sites throughout Whatcom and San Juan Counties. Call the Whatcom/San Juan Nutrition Project for specific sites and times at (360) 733-4030.
- Reservations are suggested, but not required.
- Participating seniors are asked to donate what they feel they can afford. The suggested donation is \$3.00 - \$5.00 per meal.
- Persons under the age of 60 are welcome to the meals and must pay the full meal cost of \$5.25

Hot Delivered Meals

- Hot meals can be delivered to the homes of seniors who are unable to use the microwave/oven or have difficulty remembering to prepare meals due to memory loss.
- This meal service is available in limited areas only.
- Contact Whatcom/San Juan Nutrition Project at (360) 733-4030 to see if you qualify.
- Suggested donation is \$3.00 - \$5.00 per meal.