

## Meals on Wheels To Go

As a result of the COVID-19 outbreak, all Community Dining Sites are temporarily closed.

Clients now may pick up five (5) frozen meals one day a week at their dining site of choice until further notice. Meal pick-up is 11:45am to 12:15pm at the sites and day of week listed below.

### **Monday**

Pinewood Manor Apartments;  
280 Sylvan Way; Bremerton

Burley Community Hall;  
14853 Burley Avenue SE; Burley

### **Tuesday**

Conifer Ridge Apartments;  
1721 Fircrest Dr. SE; Port Orchard

### **Thursday**

Bainbridge Island Senior Center;  
370 Brien Drive SE; Bainbridge

Silverdale United Methodist Church;  
9982 Silverdale Way NW; Silverdale

Reservations required by calling the office by 2:00pm one working day before pick-up. Orders for pick-up at Burley and Pinewood must be called in by 2:00pm the previous Thursday.

Call the Meals on Wheels office at (360) 377-8511 or (888) 877-8511 to make reservations or for more information.

## Meals on Wheels



*We are a private, nonprofit organization providing meals, nutrition and support services to improve the quality of life for seniors and others with hunger and health needs in Kitsap County.*

## Get Involved

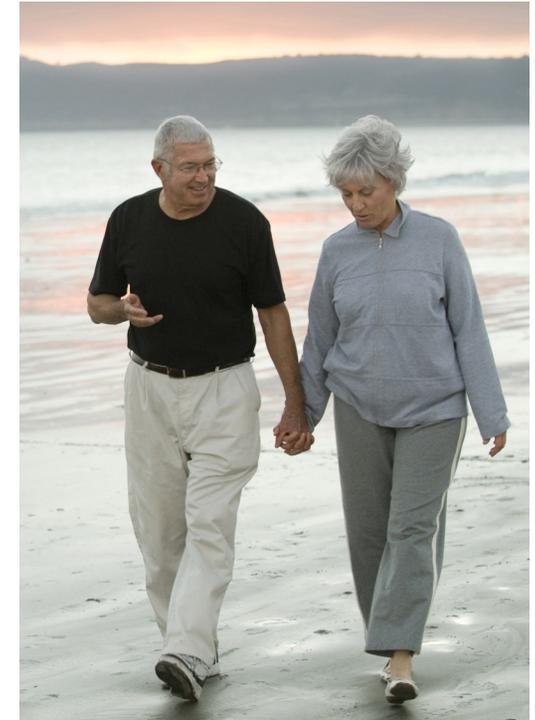
Help ensure that no senior in our community goes hungry. Meals on Wheels Kitsap depends on community support to meet the growing need for nutrition services.

Financial contributions are encouraged and gratefully accepted for all programs. No eligible individual is denied a meal due to an inability to donate.

Volunteers are vital to the success of Meals on Wheels Kitsap. Make a difference by volunteering to serve meals at a Community Dining site, delivering meals to homebound seniors, or helping in a number of other meaningful ways.

**For information, contact us at:**  
**2817 Wheaton Way, Suite 208**  
**Bremerton, WA 98310**  
**Phone: (360) 377-8511**  
**Toll-free: (888) 877-8511**  
**Fax: (360) 377-6736**  
**[www.mealsonwheelskitsap.org](http://www.mealsonwheelskitsap.org)**

## Senior Nutrition Programs in Kitsap County



**Provided by**

## Meals on Wheels



**Proudly serving more than  
a meal since 1973**



## Community Dining Meals

The Community Dining Meals Program offers older adults the opportunity to connect with others while enjoying a hot, nutritionally-balanced meal. Noontime meals are served at various locations around Kitsap County to adults age 60 years and older. Reservations are required by 2:00 pm at least one business day in advance.

Meals are offered on a donation-only basis to eligible adults age 60 years and over. The suggested donation is \$3.00 per meal. Others under age 60 are welcome to dine, but will be charged \$8.00—the full cost of the meal.

## Liquid Nutrition Meals

Liquid nutrition supplements are available by prescription for persons, 60 years and older, with special medical needs. Donations are requested and appreciated.

## Home Delivered Meals

Well-balanced and nutritious meals are delivered to adults 60 years and older in Kitsap County who are homebound due to illness or disability and are unable to prepare meals for themselves. Referrals are accepted from individuals, family members, friends, physicians and agencies. Meals are provided on a donation-only basis and participants are asked to contribute as able. The suggested donation is \$3.00 per meal.



## Family Caregiver Meals

Home delivered meals can be provided to participants of the Kitsap County Caregiver Support program. Service is available to unpaid family caregivers and their care recipient to provide a break from caregiving responsibilities. This service is available within funding and eligibility limitations. Call (360) 337-5700 or 1-800-562-6418 for details.



## Senior Farmers' Market Nutrition Program

Fresh, nutritious, locally-grown fruits and vegetables are available to qualified low-income seniors, aged 60 years and over, to improve their nutritional status while supporting local farmers. Produce may be purchased with vouchers at local farmers' markets or delivered directly to homebound seniors between June and October.

## Nutrition Education and Dietary Counseling

A registered dietitian is available for dietary counseling and nutrition education to all Meals on Wheels clients at no charge. The dietitian plans nutritionally balanced meals appropriate for seniors.

Meals on Wheels Kitsap provides equal opportunity in employment and services without regard to race, color, religion, creed, national origin, sex, age, marital status or presence of any sensory, mental or physical disability. Hearing or speech impaired persons may contact us by calling 711, the TTY relay number.

See "Meals on Wheels To Go" for current service details