

## Community Dining Meals

Hot meals served at noon in an in-person, community setting. Reservations required by 2:00pm one business day prior. Call (360) 377-8511 or (888) 877-8511.

### Monday to Friday

*Waterfront Park Community Center*  
370 Brien Drive SE; Bainbridge Island

### Monday to Friday

*Pinewood Manor Apartments*  
280 Sylvan Way; Bremerton

### Monday, Wednesday & Friday

*Burley Community Hall*  
14853 Burley Avenue SE; Burley

## Meals To Go

Instead of hot meals, clients may choose to pick up five (5) frozen meals once a week. Pick-up is 11:45am to 12:15pm at the sites and day of week listed below.

Reservations required by 2:00pm one working day before pick-up. Call the Meals on Wheels office at (360) 377-8511 or (888) 877-8511 to make reservations or for more information.

### Tuesday

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

### Thursday

*Silverdale United Methodist Church*  
9982 Silverdale Way NW; Silverdale



*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 older adult 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**

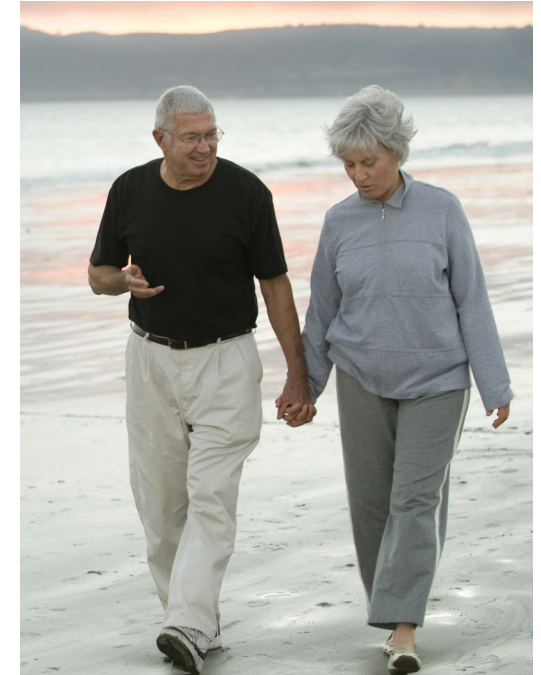
**Phone: (360) 377-8511**

**Toll-free: (888) 877-8511**

**Fax: (360) 377-6736**

**[www.mealsonwheelskitsap.org](http://www.mealsonwheelskitsap.org)**

## Nutrition Programs for Older Adults in Kitsap County



**Provided by**

**Meals on Wheels**



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



## Community Dining Meals

The Community Dining Meals Program provides older adults the opportunity to connect with others while enjoying a hot, nutritionally-balanced meal. Noontime meals are served at selected 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 To Go

Since March 2020, Meals on Wheels Kitsap has offered older adults weekly frozen meal pick-up services at convenient locations throughout the county. Currently clients may choose to pick-up five (5) frozen complete meals once a week between 11:45am and 12:15pm at designated locations.

Community Dining Meals and Meals To Go are offered on a donation-only basis to eligible adults age 60 years and over. The suggested donation is \$5.00 per meal.

## 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 \$5.00 per 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.



## 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.

## 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.