

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.

Thursday & Friday

Bainbridge Island Senior 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

Thursday & Friday

Bremerton Senior Center
1140 Nipsic Avenue, Bremerton

Third Sunday

Kitsap Fil-Am Community Center
1240 Sheridan Rd, Bremerton

Meals To Go

Instead of hot meals, clients may choose to pick up 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.

Tuesday

Conifer Ridge Apartments
1721 Fircrest Dr. SE; Port Orchard

Wednesday

Hostmark Apartments
703 NE Hostmark St., Poulsbo

Thursday

Silverdale Community Church
9982 Silverdale Way NW; Silverdale

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 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

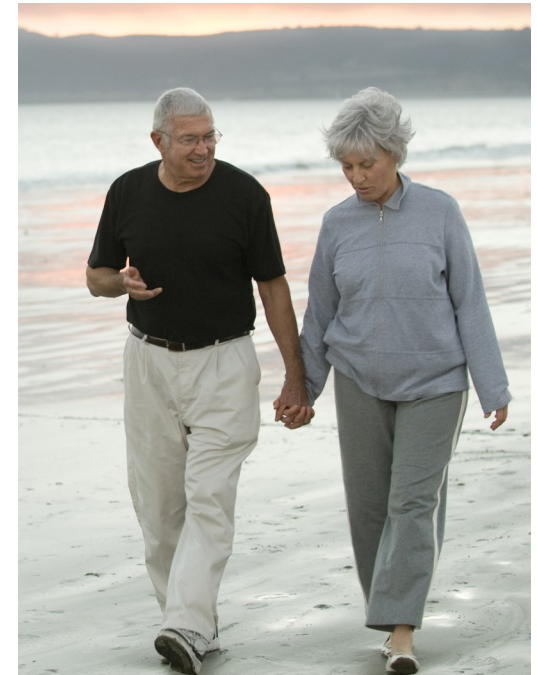
Phone: (360) 377-8511

Toll-free: (888) 877-8511

Fax: (360) 377-6736

www.mealsonwheelskitsap.org

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

Meals To Go

Meals on Wheels Kitsap offers older adults weekly frozen meal pick-up services at convenient locations throughout the county. Currently clients may choose to pick-up 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.



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 special EBT card at local farmers' markets or delivered directly to homebound seniors between June and October.



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.