Meals on Wheels
FOR NORTHERN ILLINOIS

mowfni.org

Eating well, even when you can't be there.

Juggling work, family, and their care?

Let us take meals off your list!

- Nutritious meals delivered right to their door.
- A friendly face who checks in with every delivery.
- Less cooking, shopping, and worrying for you.

How to learn more: Scan to locate your nearest Care Unit for a nutritional assessment, or visit **mowfni.org/caregiver**
Once assessed, meals arrive at their home, so you can rest easy.

Who it's for: Meals are available to adults 60 and beyond.

AgeOptions

Funding is provided in whole or in part by AgeOptions, AgeGuide Northeastern Illinois, and the Illinois Department on Aging through the Older Americans Act. Meals on Wheels for Northern Illinois does not discriminate based on race, color, national origin, age, disability, sex, gender identity, sexual orientation, religion, or any protected status. Reasonable accommodations and language assistance are available upon request.

AgeGuide NORTHEASTERN ILLINOIS

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