

# Meals Program



**Phone (716) 693-1663**

**Serving the cities of Tonawanda  
and North Tonawanda since 1973**

**Visit our web site at**

**[www.tcmow.com](http://www.tcmow.com)**

**Follow us on Facebook**

## **Facts about Twin Cities Meals on Wheels**

**We serve over 100+ meals  
Daily (Monday – Friday) to**

- shut-ins
- homebound
- frail and elderly

**Only three (3) paid staff**

- Coordinator
- Head Cook
- Assistant Cook

**120+ Volunteers are**

- Kitchen Helpers
- Route Drivers
- Meal Servers

Formerly North Tonawanda  
Meals on Wheels, but the  
name was changed to reflect  
that we serve the cities of  
Tonawanda and North  
Tonawanda

## **Did you know that ...**

- Twin Cities Meals on Wheels receives no government subsidy
- TCMOW receives no financial help from public funds
- TCMOW spends about \$650.00 each day to provide the meal service (only part of the cost is received from meal fees)
- TCMOW cooks all of the meals in our North Tonawanda kitchen
- TCMOW has nine (9) delivery routes in the Twin Cities
- TCMOW is always accepting new clients
- TCMOW always need more volunteers

**We are located at**

**100 Ridge Road**

**North Tonawanda, NY, in the Twin  
Cities Community Outreach  
building (Purple Door)  
Phone (716) 693-1663**

## Why get Meals on Wheels?

- MOW enables you to continue to live independently
- MOW brings hot, daily, nutritious meals
- MOW provides a daily wellness check through our delivery volunteers
- MOW removes the decision of “What shall I eat today?” (especially when you don’t feel like cooking)
- MOW means you buy fewer groceries and saves you money on grocery bills. The Two Meals Option saves about 50% when used Monday – Friday.

## Who should get Meals?

- The frail and elderly – especially those who live alone.
- Those recovering from recent surgery or hospitalization.
- The disabled

## What is the Cost?

The cost of the meals depends on whether you receive one or two meals per day, diabetic meals, or a few times each week.

Please phone us for more information

## How do I pay for the Meals?

Bills are mailed at the end of each month. Payment can be made with Cash  
Check, or  
Food Stamps (SNAP/EDT)

## Hot Meal Only

(Includes a tray and brown bag)

### This program is required

Tray foods included

- Protein (meat, fish, or cheese)
- Starch (potato, pasta, rice)
- Vegetable ( a wide variety)

### Brown bag foods include:

- 2 slices of bread and butter
- Dessert (cake, cookies, pie, pudding, a variety – made by us)
- Fruit or salad
- 8 oz. carton 1% milk

## Two Meal Option

### Both a Hot meal and a Cold Meal

### Most select this option

Tray foods are the same as the Hot Meal only service. The additional Brown bag foods include:

- 1 sandwich (meat, egg salad, tuna salad, cheese, peanut butter)
- Salad (green, coleslaw, or gelatin)
- Fruit (fresh or canned)
- Dessert as above
- 2 slices of bread and butter
- 8 oz. milk or juice

**Our staff is always shopping for the best values and quality.**

## Diabetic Meals

### Diabetic Hot Meals Only

Or

### Diabetic Both Meals

These are offered and prepared according to each client’s caloric needs.

- The protein is weighed, and
- Vegetable and starch are measured

We provide enough calories in the “Both Meals” program, which when added to the client’s own 400-450 calorie breakfast will complete the day’s caloric need.

We do not have this caloric control if the client only receives the “Hot Meal Only”. The food in the hot meal is prepared according to their total calorie count, but we cannot promise that the day’s needs are being met. That would be up to the client.

- No concentrated sweets are included
- Gravy is omitted where possible from the protein
- We bake our sugar-free cake or cupcakes
- Fresh fruit or canned fruit without sugar is provided
- Diabetic gelatin dessert and puddings are sugar-free
- Diabetic salad dressing included where possible.