



KOSHER MEALS ON WHEELS

Could you or someone you love benefit from a nutritious kosher/halal meal delivered to their home? Kosher Meals on Wheels provides this service in our community.

JFS administers St. Paul's only Kosher Meals on Wheels program. In collaboration with St. Paul Jewish Community Center and Sholom Alliance, kosher/halal meals are provided to anyone who would like to participate. Meals prepared by kosher standards also meet the requirements of halal, food permitted under Islamic law.

Frozen meals are delivered on Mondays, Wednesdays and Fridays. Clients can order multiples meals to ensure they have meals for the week. Home deliveries are primarily made in the Highland and West 7th neighborhoods; however, if you are outside this area, call to see if the program can accommodate delivery to you.

The Meals on Wheels program was originally designed to serve seniors and people with disabilities. Today, the program is open to anyone. The cost is based on income, and many participants qualify for free meals through their health plan or care plan developed by their case worker.



For more information on Kosher Meals on Wheels, contact program manager Mary at (651) 278-8248 or mrobinson@jfssp.org.

- Open to anyone
- Frozen meals delivered Mon/Wed/Fri
- Many Kosher options to choose from:
 - Vegetarian
 - Dairy Free
 - Low Sodium
 - Low Sugar
 - Pureed
- Home deliveries in and around St. Paul
- Cost based on income

Kosher Meals on Wheels are made possible by a grant from the *Otto Bremer Trust* and the *Irma and Adolph Adler Kosher Meals on Wheels Endowment Fund*, the *Jewish Federation of Greater St. Paul*, and individual donations.

"Meals on Wheels gives us peace of mind knowing Mom is getting the food she needs."