

Since 1911, Jewish Family Service of St. Paul (JFS) has strengthened our community by providing an array of human services that reflect the Jewish traditions of loving kindness, dignity, compassion and tikkun olam—repairing the world.

Today, we assist thousands of people who face the most ordinary and extraordinary circumstances in their lives. What they share is a need for someone to help them navigate life's challenges and difficulties, so they can remain healthy and safe as they work toward a better and more secure future.

Our human and social services include:

- Aging & Disability Services including care planning and coordination, support groups, Kosher Meals on Wheels, depression counseling for the patient and the caregiver, and a program to support Holocaust survivors
- Counseling & Mental Health
- Employment Services
- Financial Assistance for temporary emergency management
- Community Outreach including Community Chaplaincy and Family Life Education
- Help finding community resources



## Kosher Meals on Wheels



## 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 multiple 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.

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.



For more information on Kosher Meals on Wheels, call Jill Grover at (651) 315-9167 or email [jgrover@jfssp.org](mailto:jgrover@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
- Choose from 15 to 20 frozen meal choices and place your order for the month
- Home deliveries in and around St. Paul or pick up at Sholom East
- Cost based on income

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



[www.jfssp.org](http://www.jfssp.org)  
[www.stpauljcc.org](http://www.stpauljcc.org)  
[www.Sholom.com](http://www.Sholom.com)