

Do you accept donations for senior nutrition?

Catholic Charities Nutrition Sites participating with Catholic Charities, offer nutritious hot meals 5 days a week. Seniors age 60 plus or a spouse of any age are eligible for Catholic Charities Senior Nutrition Program. The suggested donation from participants is \$5.00 per meal. Meal cost is supplemented by funding received through the Agency on Aging of Northeastern Illinois and Catholic Charities. The total cost per meal including administration is \$11.00. Therefore, your donation helps us in our efforts to maintain this beneficial program. No one is ever denied a meal due to inability or unwillingness to make a donation.



How can I help?

Volunteers are always needed for the delivery of home delivered meals to program customers. Not only will volunteering for this program enrich your life, but will also enable the home-bound to maintain their independence.

Volunteers are also needed to assist in serving at several of our dining sites as well.

For more information about volunteer for any of our programs, please contact the Catholic Charities Volunteer Coordinator at: (847) 782-4126.

Disclaimer: All applicants must complete a background check.

Catholic Charities does not discriminate in admission to programs or in treatment of employment in programs or activities, in compliance with the Illinois Human Rights Act, the U.S. Civil Rights Act, Section 504 of the Rehabilitation Act, the Age Discrimination Act, the Age Discrimination in Employment Act, and the U.S. and Illinois constitutions. If you feel that you have been discriminated against, you have the right to file a complaint with the Illinois Department on Aging. For information call 1-800-252-8966 (Voice and TDD), contact NEIL AAOA at 1-800-528-2000 or Catholic Charities at (847) 782-4000

Catholic Charities does not discriminate on the basis of religion, sex, race, national origin, sexual preference, or economic status in its clients, volunteers or employees. If for any reason you are dissatisfied with the services you receive from Catholic Charities, you can file a complaint by contacting the Director, Catholic Charities Senior Services at (847) 740-6711.



The Illinois
Department
on Aging

DRAFT Revised: 4/12/18-McHenry County -MH

McHenry County Nutrition Services Home Delivered Meals Program



Catholic Charities McHenry County
Nutrition Services
3519 N. Richmond Rd.
Johnsburg, IL 60050
815-385-8260

What are Home Delivered Meals/Meals-On-Wheels?

The Home Delivered Meals Program is designed to provide a daily hot nutritious meal for homebound persons age 60 years or better. Each delicious, hot meal meets or exceeds one-third of the Dietary Reference Intake (DRI) for persons age 60 years and above and all menus are approved by a Registered Dietician.

What if I can't eat the food?

Each client is sent a daily menu by the first of the month. If you are unable to eat a particular meal for medical or religious reasons, notify your site coordinator at least 2 days prior and a substitute frozen entrée will be sent. If you prefer to cancel a meal, please call the site coordinator at least 2 delivery days ahead of time and the cancelled meals will not be shown on your donation letter for the month.

How are the Meals Delivered?

Home Delivered Meals are delivered by volunteers and staff to registered clients daily, Monday through Friday. For Holidays when our sites are closed, a frozen meal or boxed meal is delivered so that the senior will not miss the meal. While delivering the meals, our dedicated staff and volunteers also provide well-being checks to this often fragile and at risk population.

How do I sign up? How much does it cost? Each new participant must participate in a comprehensive assessment. Each month, a donation letter will be sent to each participant indicating the number of meals delivered to them that month. It is important to note that no customer is ever denied a meal due to their inability or unwillingness to make a donation towards the cost of their meal.

What if I have a Doctor's appointment?

If you have an appointment and will not be home to accept the meal, let the site coordinator know at least two days ahead of time and your meal will be cancelled for that day.

How is the program supported?

The Home Delivered Meals program is supported by Catholic Charities of the Archdiocese of Chicago, the Agency on Aging of Northeastern Illinois, Customer Donations, State and Local Governments, and various fund raising endeavors.

Where is the food delivered from?

Home Delivered Meals are available for delivery throughout all of McHenry County, IL.



If interested in the Home Delivered Meals Program,

Please Contact:

**Senior Services
Associates
1-800-339-3200**