



**Meals On Wheels of Tampa, a local, privately funded organization, prepares and delivers hot, nutritious meals to Tampa’s homebound**

<b>Who We Serve</b>	Seniors and individuals who have difficulty leaving their homes and are challenged to prepare meals may be eligible to receive a hot mid-day meal.
<b>Daily Delivery</b>	Hot meals are delivered to recipients’ homes five days a week, between 10am-2pm, by a friendly volunteer. Frozen meals for the weekend are delivered on Friday.
<b>Healthy Food</b>	3 Menus: Heart Healthy, Diabetic and Renal. Nourishing meals are prepared daily with fresh ingredients that meet senior nutritional standards and dietary guidelines.
<b>Wellness Check</b>	A volunteer driver delivers meals and provides a friendly check in on each person, to positively impact a recipient’s well-being.
<b>Cost Effective</b>	The cost of meals is determined using a sliding scale based on income and expenses. An affordable meal plan can be established. Some Medicaid LTC Plans are accepted.

**The process is quick and easy!**

**Call (813) 238-MEAL or complete an application online.**

Meal service may begin 1-2 days after intake process is complete.

**5320 North Boulevard, Tampa, FL 33603**

[www.mowtampa.org](http://www.mowtampa.org)

Meals On Wheels of Tampa serves individuals a hot, nutritious meal delivered to their door by caring volunteers. The quality of the food provides nourishment for the body. The encouraging words from volunteers provides enrichment for the soul. Together, we strengthen the community by caring for a segment of our population who are often forgotten.

For many of the homebound, a visit from a volunteer is the only human contact they will receive that day. Our recipients receive a hot meal and a visit designed to achieve an increased intake of nutritious food, improved personal outlook and health, and decreased feelings of isolation and loneliness.

Meals On Wheels of Tampa serves the Greater Tampa area. Our service area is from the county line to the north to MacDill AF Base to the south, county line to the west, to the I-75 corridor to the east, continuing south through Riverview and Gibsonton. We do not serve the Brandon area.

To be eligible for our services, you must live within one of the following zip codes: 33511 (partial), 33534, 33548, 33549, 33556, 33558, 33559, 33569, 33578, 33579, 33602, 33603, 33604, 33605, 33606, 33607, 33609, 33610, 33611, 33612, 33613, 33614, 33615, 33616, 33617, 33618, 33619, 33624, 33625, 33626, 33629, 33634, 33635, 33637, 33647.

