

**FOOD FOR THOUGHT  
HOME DELIVERED MEALS**

How do I begin  
this service?

If you would like to receive Home  
Delivered Meals,  
Telephone West Suburban Senior Services  
and ask to speak with an intake case  
manager.

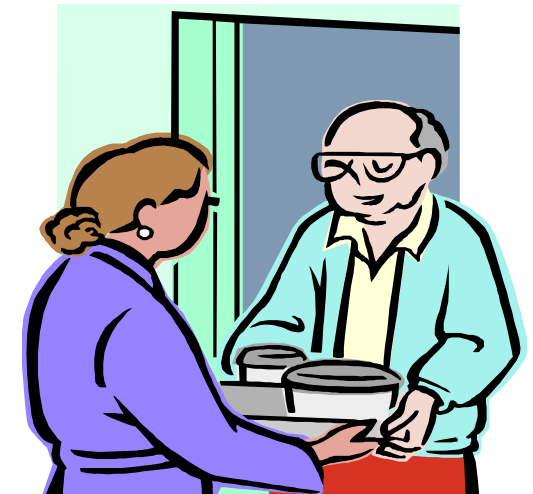
Our office is open Monday through  
Friday from 8:00 am to  
4:30 pm.

**West Suburban  
Senior Services**

(708) 547-5600

439 Bohland Avenue  
Bellwood, IL 60104

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



**Here's what senior  
citizens say about our  
Home Delivered Meals**

*"The meals are a blessing."*

*"I look forward to the food  
every day and to talking with  
the meal driver too."*

*"The program really helps  
me."*

**West Suburban  
Senior Services**

A Council on Aging

(708) 547-5600

West Suburban  
SENIOR SERVICES  
**HOME DELIVERED  
MEALS**

**Nutritious**

- Menus are approved by a registered dietician and meet one-third of the minimum daily requirements for older adults.
- Meals for seniors with diabetic and low-salt dietary needs are available.
- Meals are served with fat- reduced milk, bread, fruit and 100 percent fruit juice.

**Convenient**

- Meals are delivered hot and ready to eat Monday through Friday by Noon

- Meals are packaged in a container for easy reheating in a microwave.
- A second cold meal is available daily.
- Menu choices are delivered on the second and fourth Fridays of each month.
- Meals are provided in advance for major holidays and weather emergencies.

**Inexpensive**

- Contributions for both single and double daily meals are based on a sliding scale. These meals are less expensive and more nutritious than most frozen meals.

**Home Delivered Meals  
Help Senior Citizens to  
Stay in Their Homes**



Meal deliveries serve as a daily well-being and safety check.

Meals provide nutrition and social contact.