

Neighborhood Dining Program Orientation

The Meals on Wheels Neighborhood Dining Program is designed to assist seniors remain independent and allow them to stay in their homes longer. Studies have shown that if people are provided socialization, proper nutrition and exercise, they remain healthier, both mentally and physically. This helps them to remain in their own homes and decrease the expense of nursing homes.

We have four dining sites and each is staffed by a site manager, who is responsible for the safety and well-being of the seniors. The site managers are responsible for checking the food temperatures of the food when it arrives at the site and again when it is served. They report daily to the neighborhood dining coordinator.

The dining sites are also pickup points for the Home-Delivered Meals Program. Volunteers pick up the meals in cooler bags provided by Meals on Wheels. The site managers are also responsible for monitoring the home-delivered meals ensuring each cooler has the correct number of meals for the assigned routes and that each meal is correctly packaged so they maintain the proper temperature until they are delivered. They also work with the Home-Delivered Meals Coordinator for any daily changes that need to be made to the route sheets.

Some dining sites provide exercise that is geared toward seniors. Clients engage in several activities including cards, dominoes and bingo. Some of the ladies knit and crochet. They also like doing arts and crafts, especially for holidays and special occasions. Many of our seniors also volunteer by helping with meal service. Our site managers provide them any training needed for food handling safety.

Nutrition Education is prepared by our dietician and presented monthly to enable the clients to make healthier choices when they shop and prepare their food at home.

If you would like to volunteer at one of our dining sites, please complete the application and background check form.