Active Generations
Meals on Wheels
Program Guide

Meals on Wheels

Office Hours:
Monday - Friday
7:30 AM-3:30 PM

Contact Information:
(605) 336-6748
(605) 333-3305
MEALS ON WHEELS GUIDELINES

Meals on Wheels delivers hot, nutritious meals to the home-bound residents in the Sioux Falls & Brandon city limits.

The Meals on Wheels program is for individuals age 60 and over, who are homebound and are unable to prepare a nutritious daily meal due to medical, mental or physical condition(s).

Our meal delivery time is between 10:45am to 12:30pm.

A NAPIS (National Aging Programs Information System) form will be completed upon enrollment via phone & is required to be updated every six months.

The program is also available to the spouse and/or live in caregiver of a participant. Dependent adults living with the participant are also eligible to receive meals.

Individuals under the age of 60 interested in Meals on Wheels, please call Dakota at Home at 1-833-663-9673.

Delivery routes have a capacity of 16 participants. Some routes do have a waiting list. Call the office at (605) 333-3305 to see if your area has current route availability.

Due to routes at full capacity, we ask participants to receive at least 3 meals per week and maintain a consistent meal schedule.

DONATION REQUESTS

The Meals on Wheels program is supported in part by the Older Americans Act through the State of South Dakota. Also, by the Sioux Empire United Way, participant and private donations, and our fundraising efforts.

Your confidential donations are very important to help maintain this program.

Donation requests are mailed within the first week of each month.

The donations requests state the number of meals the participant received the month prior and the cost it takes to prepare those meals.

The suggested donation is $4.00 per meal. The cost it takes to prepare the meal is $6.75.

Participants can return their donation with the route driver or mail it back to us in the return envelope provided. We gladly accept cash, or check.

EBT and debit cards may also be used. If you wish to use a card, please contact 336-6748.

MENU INFORMATION

All meals are healthy and nutritious. For detailed nutrition information, please call (605) 333-3304.

Monthly menus are delivered by volunteer drivers.

Meals on Wheels offers texture modifications and substitutions for some meals (i.e. Cut Up, Ground, No fish).

Frozen meals are available for participants who are in need of a meal on the weekends. These (2) meals are delivered on Thursdays, only.

Breakfast meals are also available for participants who are in need. These (6) meals are delivered Tuesdays, only.

Frozen meals are also available for pick up for participants who are outside of the delivery area or who are on a waiting list for a route. Call (605) 333-3305 to request meals.

Meals must be picked up on Thursday or Friday between 11:30am—12:45pm.
CANCELLATION & ABSENT PARTICIPANT POLICY

Meals on Wheels participants must be home between 10:45am to 12:30pm to receive a meal. Meal delivery times may not be consistent every day.

Volunteers are able to leave meals in the participant's refrigerator only. Otherwise, all meals must be brought back to the center.

If a participant is not going to be home, the participant must call no later than 8:30 am for same day cancellations. If the participant does not call to cancel the meal by 8:30 am, it will be included on the monthly donation request invoice.

If a participant needs to cancel meal delivery ahead of time, contact the office at (605) 333-3305 to report the day(s) that need to be cancelled.

We ask that participants be at home (between 10:45am to 12:30 pm) and ready to accept their meal. Each participant is granted a maximum of three no call's.

Due to some routes at maximum capacity and participants on waiting lists, should a participant not adhere to the attendance policies, the Meals on Wheel Coordinator may consider elimination of services.

BAD WEATHER POLICY

If local schools are closed, Meals on Wheels will also be closed and will not deliver, please use your blizzard meal.

If the Public Schools are open or have a late start, but weather presents unsafe driving conditions, meals may not be delivered.

Driving conditions assessed by Nutrition Director or site manager.

Please listen to local media during inclement weather for announcements!

Local TV—KSFY, KDLT, KELO

Local Radio:
KELO-AM 1320 FM 101.9

Please be patient. Poor weather conditions may result in delayed delivery time.

Participants (if requested) will receive two frozen meals during the winter months to use if we are closed (blizzard meals).

ANIMEALS ON WHEELS

AniMeals is a program that enables homebound seniors to keep their animal companions.

We provide pet food, supplies, some veterinarian expenses and transportation to the vet, boarder, and groomer.

Meals on Wheels participants who have a pet and over the age of 60, may qualify.

If you are interested in receiving AniMeals or have questions about the program, please call (605) 333-3302 for assistance.
**Onsite Dining Options**

Cafeteria style dining and take out meals are available at Active Generations, Monday through Friday between 11:30 AM — 12:45 PM. Anyone 60 years of age or older, their spouse, and/or dependent adult living with the eligible participant may make a voluntary donation.

The minimum suggested donation for seniors is $4.00 per meal. Full cost for those individuals under the age of sixty is $6.75. We gladly accept EBT cards, cash, or check. For eligible diners, meal tickets are available for a donation.

You can also get a hot, nutritious meal at two HyVee locations—contact Active Generations (333-3304) for more information about the HyVee ‘Your Choice’ meals.

**Other Nutrition Locations**

- Beresford 763-5074
- Chancellor 647-2359
- Hudson 984-2728
- Parker 297-4946
- Brandon 336-6748
- Chester 489-2242
- Salem 425-2198

The Active Generations’ Senior Nutrition Program serves Minnehaha, Lincoln, Lake, Turner, McCook, and Union Counties. Call your local Senior Center to make a reservation or to apply for the Senior Meals Program.

- Lennox 647-2435
- Sioux Falls 336-6746
- Centerville 563-2451
- Hartford 528-3999
- Montrose 353-5313
- Dell Rapids/Colton 428-4345

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- Recreation, Socialization & Education
- Fitness & Wellness
- Noon Meals & Meals on Wheels
- Adult Day Services
- CAREgivers
- Workers on Wheels
- BRIDGES Employment Resource Center
- S.H.I.N.E. – Medicare Education
- Numerous Volunteer Opportunities