

Nutrition Department
Active Generations
2300 W 46th Street
Sioux Falls, SD 57105



MEALS on WHEELS
SIOUX EMPIRE

TOGETHER, WE CAN DELIVER.

ACTIVE GENERATIONS

Meals on Wheels

PROGRAM GUIDE



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

Contact Information:
(605) 336-6748
(605) 333-3305



Sioux Empire United Way



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

Meals on Wheels Guidelines

Meals on Wheels delivers hot, nutritious meals to the homebound residents in Brandon, Garretson, Harrisburg, Tea and Sioux Falls.

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.

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

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 meals are delivered on Thursdays, only.

Breakfast meals are also available for participants who are in need. These meals are delivered on Tuesdays.

Tradition 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 11:00am–12:30pm.



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 \$5.00 per meal. The cost it takes to prepare the meal is \$7.95..

Participants can return their donation by mailing 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 333-3305.



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). Each participant is graced a maximum of three no-call's.

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.

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.

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

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



Traditions Frozen Meals

Stop by Gen's Coffee House & Bakery, M-F from 9am-1pm to pick up some Tradition Meals for only \$5 each. All Traditions frozen meals are easily microwavable and ready to eat within minutes.

Every meal meets 1/3 DRI (Dietary Reference Intake) for most nutrients to include Vitamins A, B6, and B12 as well as calcium and zinc that deliver a myriad of flavors.

We offer many special diets such as: gluten free, low sodium (<600 mg), renal friendly, diabetic friendly, no soy, no wheat, no milk, no eggs, no seafood. If you are needing a specific diet, please call 333-3304 to see what meals will fit your diet.

Your support of Active Generations is greatly appreciated. You may call (605) 275-7680 or visit www.activegenerations.org to make your gift today! Thank you!

Onsite dining options

Cafeteria style dining and take out meals are available at Active Generations, Monday through Friday.

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 \$5.00 per meal.

Full cost for those individuals under the age of sixty is \$7.95. 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 6 HyVee locations—contact Active Generations 333-3304) for more information about the HyVee "Your Choice" meals.

Meal tickets are available for a donation. You can stop by Active Generations any time for a ticket or on select days at the HyVee's.

For info about purchasing meal tickets call 333-3304 or visit activegenerations.org

Workers on Wheels

- WOW is a senior services program supported by the Sioux Empire United Way and administered through Active Generations. Our mission is to assist the elderly in remaining in their homes.
- To qualify for eligibility you must be an adult over the age of 60, unable to do the task yourself and/or have no family in the Sioux Falls area that can help with the services needed.
- WOW provides rides for medical appointments and grocery shopping. This services is offered at a recommended donation of \$5.00 per one way.
- Light housekeeping, minor home repairs, lawn care, snow removal, minor computer assistance.

Other nutrition locations

The Active Generations' Senior Nutrition Program serves Minnehaha, Hanson, Lake, Lincoln, Turner, McCook, and Union Counties.

Call your local Senior Center to make a reservation or to apply for the Senior Meals Program.

Alcester 934-2057
 Beresford 763-5074
 Brandon 333-3305
 Bridgewater/Emery 729-2525
 Centerville (Centerville Care & Rehab) 563-2251
 Chancellor 409-8788
 Chester (Old Farm House Café) 489-2242
 Crooks (The Wooden Nickel) 543-5686
 Dell Rapids (Nursing/Rehab) 428-5478
 Garretson 333-3305
 Harrisburg 333-3305
 Hartford 543-5686
 Hudson (Hudson Care Center) 984-2111
 Lennox 409-8788
 Montrose 759-0176
 Salem 425-2812
 Sunnycrest (Sioux Falls) 361-1422
 Tea 333-3305
 Western Heights (Sioux Falls) 221-4220



DIRECT LINE | 605-333-3317
 CELL PHONE | 605-254-0978