

**- Area Agency on Aging IIIA, Information & Assistance 269.373.5173  
Home Delivered Meals**

Please note that AAA IIIA cannot guarantee the accuracy or completeness of this list. AAA IIIA does not license, recommend or guarantee the quality of listed providers or their services.

**Meals on Wheels**

**Business:** (800) 711-2113  
**Business:** (269) 382-0515  
**Business Fax:** (269) 226-9819  
**Business:** Milestone Senior Services  
 918 Jasper St.  
 Kalamazoo, MI, 49001,  
 Kalamazoo

[milestoneseniorservices.org/meals/meals-on-wheels](http://milestoneseniorservices.org/meals/meals-on-wheels)

**Serving:** Calhoun, Kalamazoo

To qualify for the Meals on Wheels program the individual must be age 60 or older, be a resident of Kalamazoo or Calhoun county, be homebound, and able to be home when the meals are delivered. Meals on Wheels helps older adults remain independent in their homes by preparing home style meals in the kitchen located at Milestone Senior Services. MOW can provide up to two meals per day, seven days a week. Meals are low in sodium, fat, and sugar. Hot meals are delivered Monday - Friday between 11am & 1pm. A cold supper sack can be delivered for week day evening meals, and frozen meals for weekends.

You may choose the Options Menu and receive your choice of frozen meals, delivered on a weekly basis. Liquid meal products are also available with a doctors prescription.

Cost is on a suggested donation basis, based on income. A monthly statement will be sent.

**Mom's Meals**

**Business:** (866) 716-3257  
**Business:** (877) 508-6667  
**Business Fax:** (515) 266-6120  
**Business:** 3210 SE Corporate Woods Dr  
 Ankeny, IA, 50021, Polk  
**Mailing:** PO Box 297  
 Ankeny, IA, 50021, Polk

[www.momsmeals.com](http://www.momsmeals.com)

**Serving:** Statewide

Mom's Meals Independent at Home Program provides fresh-made, and nutritionally balanced home delivered meals. Each meal is prepared by hand, using quality ingredients, and provides up to 700 calories with protein, vegetables, grains and snacks. Choose from over 60 meals including special diet menus. Meals are shipped fresh and may be refrigerated for up to 14 days. They are delivered in a Fresh-Lock package and climate-controlled cooler. Simply heat for 2 minutes in the microwave, and eat .

Each meal costs \$6.99 plus shipping (\$7.99 for Pureed meals), and may be ordered in quantities of 7, 10, 14 or 21 meals. There is a flat fee \$14.95 shipping charge per order.

**Paid Meals Delivery**

**Business:** (269) 382-0515  
**Business:** Milestone Senior Services, 918  
 Jasper St.  
 Kalamazoo, MI, 49001,  
 Kalamazoo

[milestoneseniorservices.org/meals/paid-meals-delivery](http://milestoneseniorservices.org/meals/paid-meals-delivery)

**Serving:** Calhoun, Kalamazoo

The Food For All program is for anyone (any age) in Kalamazoo or Calhoun County who would like the convenience of a home-delivered meal. All meals are made 'from scratch' using fresh ingredients to ensure great flavor and high nutrition. Hot meals (entrée, vegetable, fruit/dessert, milk and bread) and cold meals (sandwich or salad, vegetable, fruit/dessert, milk and bread) will arrive to your home ready-to-eat. A variety of meal plans and convenient delivery scheduling are offered. Choose from a variety of options including low fat, low sodium, heart-healthy and diabetic friendly meals.

Customers who receive a daily hot or cold meal also receive a safety check, Monday - Friday. Frozen meals can be delivered for weekend meals. Another option is to request frozen entrees only, delivered weekly. Choose your favorite meals.

Meal with bread/beverage is \$6.89.  
 Meal entree \*without breadbeverage is \$5.83.  
 These costs include tax.

Clients get a monthly bill. They can send in cash or check with their bill or they can pay over the phone with a debit/credit card. They can also set up autopay with a debit/credit card.