



Oswego County
Opportunities^{INC.}
Helping People. Supporting Communities. Changing Lives.

Thank you for choosing

Nutrition Services

Home Delivered Meals
&
Dining & Activity Centers



More than a meal

Programs are partially supported through grants from our partners:

Oswego County Office for the Aging

New York State Office for the Aging

The United Way of Greater Oswego, Inc.

MEAL REQUIREMENTS

- Meals are prepared with no salt added.
- Meals average less than 30% of calories from fat and less than 10% of calories from saturated fats.
- Each meal contains a good or excellent source of Vitamin C.
- At least 3 meals per week contain an excellent source of Vitamin A.
- The combination of noon meal and evening meal equals 2/3rds RDA (Required Dietary Allowance) for the day.

Each lunch meal contains:



3 oz. of protein from meat or a meat alternate such as cheese or eggs.



Two ½ cup servings of fruit and or vegetables.



One serving of bread or a bread alternate.



8 oz. Of 1% milk



½ cup serving of dessert

Each Dinner meal contains:

2 oz. protein
One ½ cup serving fruit or vegetable
One serving of bread or bread alternate
8 oz. of 1 % milk

All Home delivered meals contain a lunch and dinner meal

DINING CENTERS

Dining and Activity Centers offer more than just a healthy meal. They offer an opportunity to enjoy the company of friends while dining out. There are a wide variety of activities planned monthly for you to participate in.

Shopping	Crafts	BINGO	Wii Bowling Tournament
Birthday Parties	Music	Games	Holiday celebrations
Guest Speakers	Raffles	Picnics	Exercise

CONTRIBUTIONS & RESERVATIONS:

Participants who are 60 or older and center volunteers are asked to contribute \$3.00 for their meal to be mailed to:

County of Oswego
Office for Aging (OFA)
70 Bunner Street
Oswego, NY 13126
315-349-3484

No senior will be turned away for inability to contribute.

If you are attending the center and have a Long Term Medicaid managed care insurance' (VNA, iCircles, or Fidelis) please contact the office at 315-598-4712 to arrange for payments

To make a lunch reservation call the center you plan to attend or our offices at 315-598-4712. Please call by noon the day before you plan to come.

DINING LOCATIONS

Centers are open 11AM-1PM

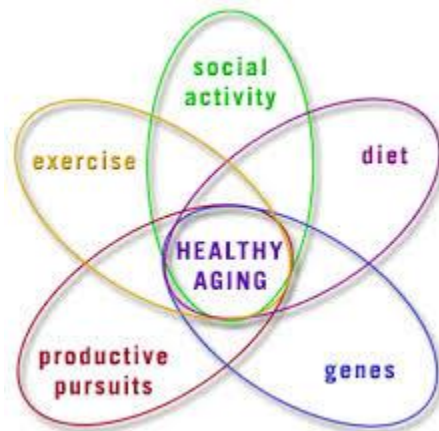


North Shore 315-720-9732 VanderKamp Center* 337 Martin Rd. Cleveland, NY 13042 OPEN: Tues. Wed. & Thurs. Bus Available on Thursday	Fulton Center 315-592-3408 Fulton Municipal Bldg. 141 South First Street Fulton, NY 13069 OPEN: Mon. through Fri. Bus Available on Friday	Hannibal Center 315-564-5471 Community Library 162 Oswego Street Hannibal, NY 13074 OPEN: Mon. Wed. & Fri Bus Available on Wednesday
Mexico Center 315-963-7757 Presbyterian Church* 4316 Church Street Mexico, NY 13114 OPEN: Wed. & Fri	Parish Center 315-625-4617 New Hope Church 814 Rider Street Parish, NY 13131 OPEN: Mon. Tues. & Thurs.	Phoenix Center 315-695-4841 Congregational Church 43 Bridget Street Phoenix, NY 13135 OPEN: Mon. Wed. & Fri. Bus Available Wed. & Fri.

*New location in 2019

DINING CENTER GUIDELINES

- If you wish to cancel an ordered meal, please call your Dining and Activity Center or OCO Nutrition Office at 315-598-4712, at least 48 hours in advance.
- If you reserve a meal and do not show up, we will be concerned about you. Your Dining and Activity Center manager will attempt to locate you in an effort to check on your well being.
- Those who wish to bring “treats” to the center are asked to okay it with the center manager ahead of time.
- Foods must be consumed on site, leftovers may **not** be taken home.
- Participants who eat their lunch at the center can request a night meal to take home for their dinner.
- Participants can request Home Delivered Meals on the days they do not go to the center or on the days when the center is not open.



HOME DELIVERED MEALS MEALS ON WHEELS



Home delivered meals are available to people of all ages.

Home Delivered Meals are available Monday through Friday to homebound individuals who are 60 and older and live in Oswego County. Participants are asked to contribute \$4.00 per day of delivery for both the noon and evening meal. No one over 60 is turned away for inability to contribute. Staff from the OFA will visit your home to explain the program and gather additional information to determine eligibility.

BASIC ELIGIBILITY:

- For those 60 OR OLDER and their spouse and/or disabled dependents, meals may be provided for a contribution to Office for Aging (OFA)
 - You must be homebound with the exception of assisted outings such as medical appointments, family gatherings, etc.
 - You must be unable to obtain food and prepare nutritious meals for yourself on a daily basis. A caregiver is unavailable or is unwilling to prepare daily, nutritious meals for you.
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- Those who are UNDER 60 and have Long Term Managed Care coverage
 - Meals will be delivered and billed directly to the insurance provider, this includes: Fidelis, VNA and i-Circles.

Those who are UNDER 60 may pay for meals directly to OCO Nutrition Services for \$7.00 per day for two meals to be delivered. We do accept SNAP (Food Stamps)

PLEASE NOTE

IF YOUR MEALS ARE BILLED TO OCO NUTRITION SERVICES OR COVERED BY LONG TERM MANAGED CARE COVERAGE PLEASE DISREGARD CONTRIBUTION NOTICES FROM OFFICE FOR THE AGING THAT ARE PLACED IN YOUR MEAL BAGS EVERY MONTH

HOME DELIVERED MEALS GUIDELINES

Meals are delivered between 10:00 am and 2:00 pm. The time your meal arrives each day may vary somewhat due to necessary changes or delays in the delivery route.

- Please try to answer the door promptly when the meal arrives. If you have difficulty hearing or getting up to answer the door, you can arrange for your driver to knock and enter.
- For the safety of the drivers, please restrain dogs and other pets at the time of delivery.
- Be sure that your house address can be seen easily from the street.
- Please notify us when you are not going to be home to receive a meal. 48-hour notice is preferred. In an emergency situation, where you cannot give 48-hours notice, please call the office as soon as possible at 315-598-4712 ext. 0. You may also make arrangements for someone else, such as a neighbor to receive your meal if you cannot be there.
- Meals cannot be canceled based on meal preferences. If you do not like something on the menu or cannot eat it, please discard it and eat what you can of the remainder of the meal.
- We do not allow drivers to leave meals in coolers or on counters when you are not there. If you are comfortable leaving your door unlocked, the driver can put your meal in the refrigerator.
- It's more than a meal: Our delivery people provide a daily check on your well-being. If you are unaccounted for we will worry about you and call your emergency contact; so please let us know when you don't plan to be home. Thank you!

MEAL REHEATING INSTRUCTIONS

Meals can NOT be re-heated in toaster ovens

HOT MEAL REHEATING

Peel back lid or slit film vent

Microwave- 2 to 3 minutes on HIGH

Or

Oven- pre-heat oven to 350 degrees,
place meal on baking sheet,
heat for 10 minutes

FROZEN MEAL REHEATING

Peel back lid or slit film to vent

Microwave- 3 to 5 minutes on HIGH

Or

Oven- pre-heat oven to 350 degrees
place meal on baking sheet,
heat for 30 minutes



WEEKEND MEALS

Nutrition Services offers weekend entrees (Saturday and/or Sunday) to all of our home delivered clients. The charge for the meals will be \$7.00 per day. This would include two frozen meals per day.

You will be billed at the beginning of every month for the meals. We do accept checks, SNAP or EBT information or Credit Cards as payment. If you would like more information please contact our office at 315-598-4712.



WEATHER RELATED CLOSINGS

The safety of our drivers is of the utmost importance to us. Therefore, when road conditions are questionable, drivers are asked to use their best judgment about delivering meals and the decision may be made to close some of our routes.

We ask that you clear your driveway and sidewalk so that the driver can reach you. If road conditions are difficult it may take extra time to get your meal to you.

NUTRITION COUNSELING

Nutrition counseling by a registered dietitian is available to participants of the Home Delivered Meals or the Dining & Activity Centers.

Dietary advice is offered on a variety of subjects including special diets, nutritional supplements, weight gain/loss and other aspects of nutritional health.

There is no charge for this service for our participants who are over 60.



315-598-4712

VOLUNTEERING



We value your time and would be honored to have you volunteer for
OCO Nutrition Services.

**“Those who can, do
Those who can do more, volunteer”**

Author unknown

Deliver Meals on Wheels in your neighborhood
Visit or call a homebound senior
Help with activities at a center- put your hobbies and interests to good use
Serve meals and/or clean up at a center
Car pool – pick up guests and bring them to a center
Pack up and/or help prepare meals at our kitchen
Office assistant- light office work such as copying, filing and answering phones
Food drives
Help fill, package and/or distribute Blizzard bags for seniors

**For More information about these and other volunteer opportunities,
call our office at 315-598-4712.**



**United Way of Greater
Oswego County, Inc.**