



## *The Home Delivered Meals Program*

*provides freshly prepared, nutritious meals to Duxbury Seniors or other residents who are currently homebound or experiencing difficulty preparing meals.*



## The Home Delivered Meals Program Offers:

**Variety** Different entree prepared daily at The Duxbury Senior Center, with alternate meals available upon request.

**Choice** Dessert or fruit and choice of beverage offered with every meal.

**Flexibility** No minimum or maximum number of meals required to meet short or long term needs.

**Daily Delivery** Monday through Friday delivery by our trained volunteers. Frozen meals available for weekends and holidays.

**Affordability** Reasonably priced meals with a sliding fee scale to those who qualify.

**Well Being Check** A visit from our friendly HDM volunteers to those who might otherwise be alone all day.

**For more information about the Home Delivered Meals Program, please call 781-934-5774 Ext. 5721**

