

# Welcome!

## Frequently asked questions

### Who is eligible?

Residents of Winchester, MA unable to shop for or prepare their own food. We are able to serve short- and long-term needs.

### When are meals delivered?

Meals are delivered to residents' homes Monday through Friday by 10:30 AM. There is no delivery on weekends, holidays, or public school snow days.

You choose the days you would like a meal!

### How much do meals cost?

There is a fee of \$5.00 for each meal (*subject to change*).



### What is provided?

A hot meal, cold snack and a beverage prepared by the Winchester Hospital kitchen staff.

Meals are based on therapeutic diets and most dietary restrictions can be accommodated.

### Who delivers the meals?

We have a wonderful team of volunteers who pick up and deliver meals!

If you are interested in becoming part of our volunteer delivery team please call or email us – we welcome your participation!

### How do I get started?

Call or email us to discuss meal delivery and, when enrolled, to make any changes to your schedule or diet.

## Let's talk about what you need!

Phone

781.516.1900

Email

[winchestermow@gmail.com](mailto:winchestermow@gmail.com)

Website

[winchestermamealsonwheels.org](http://winchestermamealsonwheels.org)

### We appreciate your support!

Donations may be sent to:

Winchester Meals On Wheels  
4 Socrates Way  
Winchester, MA 01890

100% of your donation directly supports the program.





## Our Services

We provide home-delivered meals to any Winchester resident unable to shop for or prepare their own food, ensuring they receive the nutrition and care they need.

Nutritious meals are delivered Monday through Friday.

Meals are prepared by the Winchester Hospital kitchen staff based on therapeutic diets.

We accommodate most dietary restrictions.

There is a \$5.00 fee per meal.  
*(subject to change)*

## About us

Winchester Meals on Wheels is a volunteer-driven, privately funded 501(c)(3) organization. We have been serving the Winchester, MA community since 1979.

Our Mission is to ensure that all Winchester residents have access to nutritious meals.

All services are privately funded through donations from individuals, organizations and local businesses, as well as a portion of the cost of meals paid by the recipients. We do not receive government subsidies.



## We are here to help

Phone  
781.516.1900

Email  
winchestermow@gmail.com

Website  
winchestermamealsonwheels.org

Address  
4 Socrates Way  
Winchester, MA 01890

# WINCHESTER MEALS ON WHEELS

Serving the nutritional needs of Winchester residents with home-delivered meals

