

Program Name: Massachusetts Senior Nutrition Program

Also referred to as “Meals on Wheels”

Agency: Administration on Aging of the United States Department of Health and Human Services, operated by Massachusetts Executive Office of Elder Affairs

Description: The mission of Massachusetts Meals on Wheels is to provide nutritionally balanced meals to elders, their spouses, and their dependents with disabilities in the Commonwealth. Along with the meals we provide safety checks and opportunities for social engagement, as well as nutrition education and counseling.

Website:

<https://www.massmealsonwheels.org/#:~:text=The%20mission%20of%20Massachusetts%20Meals,a s%20nutrition%20education%20and%20counseling.>

Eligibility:

People age 60 or older and their spouses are eligible to receive nutrition services. There is no income eligibility requirement, but a voluntary donation of \$2 per meal is suggested. For those receiving meals in their homes, some eligibility standards must be met such as inability to attend congregate sites due to physical, emotional, or cognitive impairments. Handicapped or disabled people under age 60 are also eligible for free meals if they live in elderly housing facilities where congregate meals are served.

Limitations:

- Meals are available during the week and some programs offer them on the weekends. In addition to meals, congregate meal sites may provide supportive services such as information and referral for medical services, transportation, health screening, and recreational activities.
- Immigrants: No immigration status questions are asked upon enrollment.

Amount:

At least 1 meal per day is served (or delivered), and each meal contains 1/3 of the current daily recommended dietary intake of nutrients and considers the special dietary needs of the elderly.

How to Apply:

- Senior nutrition agencies are located throughout Massachusetts.
- To find the nearest agency, call the Executive Office of Elder Affairs at 1-800-882-2003 or use this map to locate an agency nearby: contactus.800ageinfo.com/FindAgency.aspx
- If the client needs home-delivered meals, a program representative will arrange an appointment to meet with the client at home for a home-delivered meal assessment.

Linked Services? SNAP services have been streamlined for low income elders.

Right to appeal? No process of appeal.

Retroactive? No.

Health Care & Health Insurance:

MassHealth, ConnectorCare, Health Safety Net,
Medicare (Parts A, B & D), Prescription Advantage