

## NUTRITIONAL SUPPLEMENTS

Ensure or Boost Diabetic Supplements

### Eligibility:

1. 60 years of age or older.
2. Persons at risk of malnutrition.
3. Persons unable to tolerate solid food.
4. Physician order required.

**Cost:** Donations accepted.

## VOLUNTEER AND END SENIOR HUNGER

Volunteers help seniors feel connected to their community while providing them with a nutritious meal. Annually, 1,000 volunteers support the delivery of over 75,000 meals to homebound seniors in Catawba County.

“It is more than just a knock on the door. They really appreciate that we have come by to make sure they are doing OK when we stop off and make their delivery. All the little things we can do for them become so important during their visit. They are so grateful for the smallest act of kindness.” — Volunteer

### THANK YOU, VOLUNTEERS!



*If you do not speak English, or if you are deaf, hard of hearing, or blind, you can have interpretation services provided for you at no charge. Tell the person helping you that you need an interpreter.*



LIKE US ON FACEBOOK  
MEALS ON WHEELS OF  
CATAWBA COUNTY



SENIOR NUTRITION SERVICES  
507 Boundary Street • Conover, NC 28613  
(828) 695-5610  
[catawbacountync.gov/dss/adult/nutrition.asp](http://catawbacountync.gov/dss/adult/nutrition.asp)



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## SENIOR NUTRITION SERVICES



WE ARE  
**Meals On Wheels**  
So no senior goes hungry™

Serving nutritious meals with a smile  
to seniors of Catawba County.



To strengthen, with dignity and respect, the quality of life for all citizens through supportive services and advocacy



# SENIOR NUTRITION SERVICES

## CATAWBA COUNTY SENIOR NUTRITION SERVICES

PO BOX 207

NEWTON, NC 28658

CONTACT:

828-695-5610

Catawba County Senior Nutrition Services provides nutritious lunches to seniors.

### SERVICES OFFERED

Traditional Meals on Wheels  
Frozen Meals  
Seniors Morning Out  
Nutritional Supplements

A service provided by  CATAWBA COUNTY  
SOCIAL SERVICES.

### MEALS ON WHEELS

- Traditional program: Five meals are delivered by volunteers Monday - Thursday.
- Frozen meals: 10-20 frozen meals are provided monthly to individuals who cannot be served by the traditional Meals on Wheels program.

#### **Eligibility:**

One must meet all of the following requirements

1. Age 60 or older and physically or mentally unable to prepare meals.
2. Homebound
3. Living alone or having no one in the home able or willing to prepare a meal.

**Cost:** Donations accepted

### SENIORS MORNING OUT

Seniors gather for a nutritious lunch, fellowship, health and wellness activities. Transportation provided when available. Monday - Thursday 8:30 a.m. - 12:30 p.m.

#### **Eligibility:**

60 years of age and older.

**Cost:** Donations accepted.

### SENIORS MORNING OUT LOCATIONS

West Hickory Senior Center  
400 17th Street SW  
Hickory, NC 28602  
828-323-8746

Highland United Methodist Church  
1020 12th Street Place NE  
Hickory, NC 28602  
828-320-5963

Maiden Community Center  
207 E. Klutz Street  
Maiden, NC 28650  
828-320-5966

First Presbyterian Church  
701 North Main Street  
Newton, NC 28658  
828-455-4133

Bethlehem United Methodist Church  
3214 Catawba Street  
Claremont, NC 28610  
828-320-0434