

*Announcing a new pilot program to assist older adults...*



Home Delivered  
Medically Tailored

# MEALS PROGRAM

## YOU MAY QUALIFY FOR THIS PROGRAM IF YOU:

- 1) Live in Howard County and are age 60 or older.
- 2) Have been diagnosed with a chronic disease such as diabetes, heart disease, heart failure, or kidney disease.
- 3) Are mostly homebound with limited mobility.
- 4) Have limited access to food and/or difficulty preparing meals.

## PROGRAM DETAILS

- Delivered once a week: six frozen entrees, plus milk, bread and fruit provided by Moveable Feast.
- Someone must be home to receive the delivery.
- Available meal options include heart-healthy, diabetic, kidney-friendly, soft, low-lactose, no red meat, no seafood.
- Participants have the opportunity to donate to the cost of this service; no program fee required.

## FOOD IS MEDICINE!

To be **screened for eligibility**, contact Maryland Access Point (MAP) of Howard County at 410-313-1234 (VOICE/RELAY).

For general information, contact Alison Gerber at 410-313-3506 or [agerber@howardcountymd.gov](mailto:agerber@howardcountymd.gov)

Please note: this pilot program has been developed in partnership with the Howard County Office on Aging and Independence and Moveable Feast. **There is limited space available.**

If you need this information in an alternate format, contact MAP for accommodations.

