



Meals on Wheels: What You Need to Know

Meals on Wheels provides nutritious meals to older adults throughout southwestern Vermont.

*In 2025
SVCOA
provided a
total of
224,327
Meals to
older
Vermonters.*

It's more than just food it's also:

- A daily wellness check
- Friendly social connection
- Support for those who are homebound or need extra help

Who are the meal providers?



TRIO Community
Meals serving
Rutland County

(802) 775-0133



Meals on Wheels
of Bennington County

Bennington County
Meals On Wheels
serving Bennington
County

(802) 442-8012

YOUNG AT HEART



SERVING SENIORS SINCE 1975

Young at Heart
Senior Center
serving Poultney

(802) 287-9200

Interested in signing up? Or interested in hearing about other services & supports?



Helpline 1-800-642-5119
Monday–Friday 8:00 AM–4:00 PM



www.svcoa.org



infoandassistance@svcoa.net



www.facebook.com/SVCOA



Your Guide to Meals on Wheels Delivery

Tip: Save this page for future reference

When will my meals be delivered?

Delivery times vary depending on your meal provider. Here's what you can generally expect:

Rutland County: between 10:00 AM – 2:30 PM

Bennington County: between 9:00 AM – 11:00 AM

Poultney: between 10:30 AM – 1:30 PM



Can my meals be left outside or in a cooler?

No, meals cannot be left outside or in a cooler. For food safety:

- Meals must be handed directly to you
- Or placed in a refrigerator right away

With your permission:

- Drivers can bring meals inside your home



Will I need to complete any paperwork or check-ins?

Yes. As part of the program, we complete assessments to help us provide the best service possible. You can expect a call within 30 days of enrolling, and then once a year after that.



What about pets during delivery?

For everyone's safety, all pets, no matter how friendly, must be secured during delivery. If there's a safety concern, drivers won't be able to complete the delivery, and it may be delayed or canceled until it's safe.



What if I won't be home on a delivery day?

No problem! Just give us a call at (802) 786-5990 (option 3) or **contact your meal provider at least 24 hours in advance** so we can plan accordingly.



How do I cancel meal delivery?

If you need to stop delivery, please call Meals on Wheels or your meal provider directly. We ask that all cancellations are made at least 48 hours in advance.



What therapeutic meal options does SVCOA offer?

SVCOA offers therapeutic Meals on Wheels tailored to various health and dietary needs, aiding individuals in managing specific conditions with balanced, nutritious meals. More details are available on the next page.



Therapeutic Meal Options

Regular / Heart Healthy:

Less than 800 mg sodium, less than 15 g fat, and no trans fats.



Vegetarian (Lacto-Ovo):

Includes milk, cheese, and eggs and no meat or seafood.



Diabetic-Friendly:

No more than 75 g of carbohydrates per meal and helps maintain consistent blood sugar levels.



Lactose-Free:

Free of all lactose-containing ingredients and includes lactose-free options like milk and cheese.



Gluten-Free:

Safe for those with celiac disease or gluten sensitivity and excludes wheat, barley, rye, and other gluten sources.



Renal-Friendly:

Less than 1000 mg of potassium and sodium, fluid intake limited to 240 cc per meal (includes 1% milk), and designed for individuals managing kidney conditions.



Mechanical Soft:

Foods are chopped, ground, or mashed into small, tender pieces that are easier to chew than regular meals. This option is ideal for those who can handle some texture but may struggle with tougher or harder foods.



Purée:

Foods are blended into a smooth, pudding-like texture that's easy to swallow. This option is designed for individuals who have difficulty chewing or swallowing solid foods, while still providing complete nutrition.

ARE YOU ELIGIBLE FOR HOME DELIVERED MEALS?

ARE YOU 60 YEARS OF AGE OR OLDER?

NO

YES

**IS YOUR SPOUSE AN
ELIGIBLE INDIVIDUAL?**

NO

YES

**YOU ARE
ELIGIBLE**

ARE YOU DISABLED?

NO

YES

**YOU ARE
NOT
ELIGIBLE**

**DO YOU RESIDE WITH
AN ELIGIBLE
INDIVIDUAL?**

YES

NO

**YOU ARE
ELIGIBLE**

**YOU MAY BE ELIGIBLE
THROUGH VCIL CALL
802-224-1825**

**ARE YOU TEMPORARILY
OR PERMANENTLY
UNABLE TO MAKE OR
OBTAIN MEALS?**

NO

YES

**YOU ARE
NOT
ELIGIBLE**

**IS THIS DUE TO A PHYSICAL, MENTAL,
OR COGNITIVE CONDITION THAT
REQUIRES ASSISTANCE TO LEAVE THE
HOME?**

NO

YES

**YOU ARE
NOT
ELIGIBLE**

**YOU ARE
ELIGIBLE**

QUESTIONS?

CALL 1-800-642-5119

