

RURAL DROP

MEAL PROGRAM

****NOT INTENDED TO BE PRIMARY FOOD SOURCE. SUPPLEMENTAL PROGRAM ONLY.****



PROGRAM ELIGIBILITY REQUIREMENTS AND INFORMATION

HOW YOU QUALIFY:

- You must be 60 years of age or older and live in a RURAL area.
- Must be able to accommodate a **20-meal** (semi-frozen/refrigerated) **OR 30-meal** (19 frozen/11 shelf stable) supply, in a refrigerator, freezer and pantry.
- Must be able to heat up meals either with a conventional/ toaster oven and/or microwave.

WILL NOT QUALIFY IF:

- Receiving Meal on Wheels - must choose program that will best meet needs.
- Participant of HHOVV Mesquite Grocery Pick-up at Salvation Army. Applies to MESQUITE residents only. Must choose program that will best meet needs.

HOW IT WORKS:

- **FREE MEALS** are drop shipped by a third-party (FedEx or UPS) to your home, ONCE a month for FREE.
- Once a month shipments are typically sent approximately the THIRD WEEK of each month.
- You will have the opportunity to try the two (2) meal bundles available, then **MUST** make a decision.
 - **FIRST MONTH:** Receive the 30-meal supply (19 frozen / 11 shelf stable), Nutrisytem/South Beach diet, 200+ calories, smaller portions, size of a small TV dinner
 - **SECOND MONTH:** Receive the 20-meal supply (semi-frozen / refrigerated), Mom's Meals General Wellness Menu, size of a typical TV dinner
 - **THIRD MONTH:** You MUST SELECT THE MEAL BUNDLE to continue with for the length of the program.

FOR MORE DETAILS & TO REGISTER:

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