



The Special Diet Home-Delivered Meals Program provides nutritious meals to older adults who are homebound, require a special diet, and are unable to shop for groceries or prepare meals on their own.

Some of the approved diets for this program include:

- Pureed
- Mechanical soft
- Finger foods
- Carbohydrate Controlled Diet (CCD)
- 2 gm sodium and more.

Eligible adults are:

- Aged 60 years and older
- Frail or homebound individuals, including those temporarily incapacitated due to illness or isolation, are unable to shop or prepare meals.
- The spouse of an eligible individual may receive a home-delivered meal if it helps reduce their stress in caring for the client.

- Hot and cold meals available
- Delivery: Monday - Saturday; 10:00am - 3:00pm Two routes available:
 - *M, W, F and T, Th, Sat*
- Areas served: Lyons, Riverside and Proviso Townships
- Sliding scale donations appreciated; no donation required for eligibility if in need.
- The number of meals per day will depend on need and agency approval.

For more information, visit our website or contact the **Information & Assistance** office at 708-354-1323, ext 215.

Funded in part by:



Anti-Discrimination Statement

Aging Care Connections does not discriminate in admission to programs or treatment of employment in compliance with appropriate state and federal statutes. If you feel you have been discriminated against, call 708-354-1323.

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