

Meal Programs

Compliments of Senior Living Advisors

Western Pennsylvania Resource Guide

We are a free service to help families choose an appropriate Independent Living apartment with services, Personal Care Home, or Assisted Living community for their loved one that matches the medical needs, financial capabilities, and geographic preferences.

With the family's permission, we will assess the candidate at home, at the skilled rehab unit, or at the hospital. After obtaining an accurate report to determine the scope of care the individual requires, we make appropriate recommendations of communities that fit the parameters of medical, financial, and geographic needs.

Senior Living Advisors will accompany the family and prospective resident on tours to help them through the process. Our skilled representatives will always make recommendations as if it were pertaining to our own Mom, Dad, or other loved one. We answer seven days a week.

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MEAL PROGRAMS

Meals on Wheels

www.mowaa.com

Aspinwall Meals on Wheels

(412) 820-8350

- Aspinwall, Blawnox, Fox Chapel, O'Hara Township, Sharpsburg
- \$6.50 per day donation

Catholic Youth Association

(412) 621-3342 ext. 4

- Lawrenceville, Bloomfield, Oakland, Garfield, East Liberty, Stanton Heights, Shadyside
- \$2 contribution per meal
- One meal per day

Eastern Adult Day Services

(412) 829-9250

- Britton Towers, Braddock
- Donation \$1.75 per meal

Hill House Senior Services

(412) 392-4450

- Downtown, Oakland, Hill District
- \$2.25 per meal

LifeSpan, Inc.

(412) 464-1300

- Bethel Park, Hillsdale, Oakdale, Elizabeth Township, Homestead, Bridgeville, Steel Valley, Chartiers Valley, Baldwin,
- West Mifflin Century III Mall, Mon Valley, Brentwood
- Only Allegheny County residents
- 24 hour reservation
- offers both home delivery and community meals, as well as modified meals based on dietary medical needs with a doctors note

Lutheran Service Society

(412) 734-9330 ext. 6

- Meals on Wheels
- \$20-25 per week
- No age limits

Mollie's Meals

(412) 421-7616

- Provides kosher
- Squirrel Hill, East End, Shady side, Oakland
- \$8 per meal
- Free with county waiver, suggested donation

Mom's Meals

<http://www.momsmeals.com/>

(866) 716-3257

- Are you over 65?
- Are you disabled?
- Do you require assistance with grocery shopping and/or preparing meals?
- Are you on Medicaid/Medicare or a member of a Health Insurance Plan that offers a paid meal benefit?
- Can you say yes to any of these questions? If so, you might qualify for government or health plan assistance and have Mom's Meals NourishCare delivered at little or no cost to you!

Penn Hills Senior Centers

(412) 244-3400

- 60+ age
- Donation of \$3
- Serves from 11:30-12:15
- Home delivery and dietary options

Plum Senior Center

(412) 795-2330

- 60+ age
- donation recommended
- home delivery and community meals

Riverview Community Action Corp.

(412) 350-5460

- Oakmont, Verona, Cheswick, Springdale
- \$1.25 donation per meal

South Park Meals on Wheels

(412) 655-2255

- South Park, Pleasant Hills, Portions of Jefferson Hills, South Baldwin, Bethel Park
- \$5.00 per day donation

Southwest Meals on Wheels of PA

(412) 279-5650

- Beechview, Bridgeville, Carnegie, Cecil, Clinton, Collier Township, Crafton, Dormont, Greentree, Heidelberg, Imperial, Ingram, Mt. Lebanon, Oakdale, Robinson Township, South Fayette, Upper St. Clair, Westwood
- \$7.00 per day donation

Wilkesburg Community Ministry

(412) 241- 8072

<http://wcm15221.org/>

- Donations accepted

FOOD RESOURCES**Allegheny County Assistance Food Stamps**

(412) 565-2146

Allegheny Valley Association of Churches, Inc. Food Bank

(724) 226-0606

Eastern Area Adult Services

(412) 829-9250

Food Stamp Information Hotline

(800) 221-5689

Hunger Services Network

(412) 681-1110

Just Harvest

(412) 431-8960

Rainbow Kitchen Community Services

(412) 464-1892

Squirrel Hill Food Pantry

(412) 421-2708

Westmoreland County Food Bank

(724) 468-8660