

The Friendship Meals program has two components:

1. Luncheon Meals
2. Nutrition Education

The meal program provides nutritionally balanced meals at specific dining center locations around Topeka and in Shawnee and Jefferson Counties.

Friendship Meals are served Monday through Friday at lunch time. Dining centers offer companionship, a variety of interesting group activities and practical information on diet and exercise.

Both the meals and information are designed to help Senior Citizens remain healthy and independent in their own homes.

Friendship Meals is part of the Meals on Wheels of Shawnee and Jefferson Counties, Inc. program. Meals are prepared fresh daily at Washburn Tech by Chartwell's Foodservice.

Participants of Friendship Meals speak volumes about the program's importance . . .

"The dining center is clean, the people are friendly. I find the food is well cooked and tasty. I also find it fills me up all the time." - a customer

"I enjoy both the food and the companionship of the people who share the dining center with me." - a customer

"I enjoy the fellowship. And the meals and service are good." - a customer

Funding for Friendship Meals is provided through the Jayhawk Area Agency on Aging (provided by the Older Americans Act), the Kansas Department on Aging, the U.S. Department of Agriculture, Shawnee County Service Programs for the Elderly, United Way of Greater Topeka, and individual participant contributions.

Meals on Wheels of Shawnee and Jefferson Counties, Inc. is a nonsectarian, nondiscriminatory, nonprofit, volunteer program organized by concerned residents of Topeka. Meals on Wheels and Friendship Meals do not discriminate on the basis of race, disability, color, national origin, sex, age, or handicap. If you feel that you have been discriminated against, you have the right to file a complaint with Meals on Wheels, 785.670.2434 (TDD: 800.766.3777).

**Arrangements or meal information may be obtained by calling
Meals on Wheels of
Shawnee & Jefferson Counties, Inc.
785.670.2434**



*Friendship
Meals*



5724 SW Huntoon
Topeka, KS 66604

785-670-2434

Q Who is eligible?

A The program is designed for people:

- 60 years of age or older and their spouses;
- Who find pleasure in companionship;
- Who would enjoy more menu variation;
- Who would benefit for a nutritionally balanced meal; or
- Who find it difficult to cook for themselves.

Q How much does it cost?

A There is no set fee for the meals, but the price of the meal is posted at each location. Participants are encouraged to contribute to the cost of the meal according to their ability to pay.

Dining Centers

1. Papan's Landing Senior Center ♦ 619 Paramore
2. LULAC Multipurpose Senior Center ♦ 1502 NE Seward
3. Asbury Mt. Olive Methodist Church ♦ 1196 Buchanan
4. East Topeka Senior Center ♦ 1114 East 10th St.
5. Tyler Towers ♦ 600 West 14th St. (pre-plated)
6. First Apartments ♦ 3805 SW 18th (pre-plated)
7. Highland Park Methodist Church ♦ 2914 Michigan
8. YMCA – Southwest Branch ♦ 3635 SW Chelsea Dr.
9. Santa Fe Apartments ♦ 600 SE Madison
10. Stormont-Vail Regional Health Center ♦ 1500 SW 10th Ave. (vouchers)

Out of Town Dining Centers

1. Auburn United Methodist Church ♦ 240 8th St.; Auburn, Kansas
2. Rossville Senior Center ♦ 429 Pearl; Rossville, Kansas
3. Silver Lake Senior Complex ♦ 404 E. Lake; Silver Lake, Kansas
4. Valley Falls Senior Center ♦ 509 Broadway; Valley Falls, Kansas
5. St. Aloysius Catholic Church ♦ 615 Wyandotte; Meriden, Kansas
6. Jefferson County Memorial Hospital ♦ 408 Delaware; Winchester, Kansas

To learn more about the Friendship Meals program or volunteering, contact the Meals on Wheels office.

5724 SW Huntoon; Topeka, Kansas 66604

Phone: 785.670.2434 Fax: 785.228.6362

TDD: 800.766.3777

E-mail: mow@meals-on-wheels-inc.org

Web: www.meals-on-wheels-inc.org