

## Healthy Meals Delivered to Your Home

If you're tired of grocery shopping and cooking for yourself, Weston Meals on Wheels offers a convenient and delicious way to maintain a nutritious diet. The program provides two meals a day. Meals are delivered on Monday, Wednesday and Friday of each week. One meal includes a salad, entrée (consisting of a protein, carbohydrate and vegetable) a dessert, and a beverage. The second meal consists of a sandwich, fruit juice, and milk. Double meals may be ordered to provide for Tuesday, Thursday and Saturday. The meals are prepared by Creative Culinary Service in Norwalk, and Weston volunteers deliver them to your door.

Both meals combined cost only \$7.75 a day. If you'd like to try the Meals on Wheels Program, please call the Weston Department of Social Services to sign up. Our number is 203-222-2663.