

MEAL ASSISTANCE PROGRAMS

FOR ELDERLY AND DISABLED IN CHICAGO AREA

GOLDEN DINERS PROGRAM

- Serves hot, nutritious lunches to adults over the age of 60 each weekday
- Nearly 70 locations throughout Chicago
- Educational activities offered, including health education sessions, exercise classes, and guest speakers.

Phone Number: 312.744.4016

Website:

www.chicago.gov/city/en/depts/fss/supp_info/golden_diners_program.html

MEALS ON WHEELS

Meals on wheels provides nutritious meals, friendly visits, and safety checks to the elderly and disabled. Visit the website to find Meals on Wheels near you.

Phone Number: 1.888.998.6325

Website: www.mealsonwheelsamerica.org/find-meals

ILLINOIS DEPARTMENT ON AGING

- Group site meals offered at nearly 400 sites daily at churches, community centers, and senior housing facilities.
- Home delivered meals by volunteers are an option for those that cannot leave their home

Phone Number: 1.800.252.8966

Website:

www2.illinois.gov/aging/programs/nutrition/

CATHOLIC CHARITIES

Many food services offered to women, children, and elderly throughout the Chicago area. Visit the website listed below for details on offerings, locations, and times.

Services Offered:

- WIC grocery stores and farmers markets
- Senior farmers markets, meals on wheels, and group hot meals

Phone Number: 773.729.3863

Website: www.catholiccharities.net

www.mededmaterials.org

Disclaimer: Med Ed Materials, 2021. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.

