

## Diets:

A registered dietician plans all menus to assure balanced nutrition, and that all home-delivered meals are appropriate for diabetic consumers.

## Eligibility and Re-evaluation:

To be eligible you must be:

- Age 60 or older
- Financially unable to purchase consumable goods
- Unable to prepare meals
- Have no assistance with meal preparation or have any other source of getting meals.

An in-home assessment must be completed prior to receiving home-delivered meals and a yearly re-evaluation will be conducted to continue home-delivered meals. If your condition or circumstances improve, you must notify your care manager.



**Reminder:** Delivery person must have verbal or visual contact with consumer for every meal delivery!

## Weather Conditions

On occasion when the weather causes hazardous driving conditions, we may not be able to arrange for your meals to be delivered. WPXI, WTAE and KDKA TV channels will post a listing titled "Armstrong County Home-Delivered Meals".

It is suggested that home-delivered meal recipients maintain at least a 5-day supply of easily prepared food that have an extended shelf life for use in such cases.



The Armstrong County Area Agency on Aging is funded in part by the PA Department of Aging and County Board of Commissioners.

August 30, 2024



# HOME-DELIVERED MEALS



**IMPORTANT INFORMATION ABOUT YOUR HOME-DELIVERED MEALS...**

**PLEASE REVIEW THIS PAMPHLET CAREFULLY.** If you have any questions, contact your care manager at: (724)548-3290 or (800)368-1066.

ARMSTRONG COUNTY  
AREA AGENCY ON AGING  
120 S GRANT AVE, SUITE 4  
KITANNING, PA 16201

BOARD OF COMMISSIONERS:  
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The Area Agency on Aging provides balanced meals that equal 1/3 of the Recommended Daily Dietary Allowances for aging consumers, and are reviewed and approved by a registered dietician. Our meals are planned and prepared in consideration of dietary guidelines for reduced consumption of sodium, sugar, and fat, and an increased fiber intake.

Service days for AAA home delivery:

Kittanning and Ford City:

Mondays—1 hot meal; 1 frozen meal.

Wednesdays—1 hot meal; 4 frozen meals.

Dayton, Rural Valley, Leechburg & Apollo:

Tuesdays—1 hot meal; 1 frozen meal.

Thursdays—1 hot meal; 4 frozen meals.

Outlying areas of the County, PILOT:

Delivery days vary through out the County of 7 frozen meals

Delivery days are subject to change due to holidays.



Guidelines for your meals:

Refrigerate cold items immediately and freeze your frozen entrees.

\*Frozen meal reheating instructions:

Microwave Instructions:

1. Peel back lid to vent or slit film in each compartment.
2. Heat frozen meal in microwave for 3-5 minutes maximum on high.

Conventional Oven Instructions:

1. Heat frozen meal in conventional oven; preheat to 350 degrees.
2. Place meal on cookie sheet, heat in oven for 30 minutes maximum.

\*\*\*DO NOT use toaster ovens to reheat meal under any circumstances!\*\*\*

Voluntary Donations:

The cost per each meal is \$7.86. Consumers and/or their families are provided an opportunity to make voluntary, confidential donations to help maintain and expand this service. Although there is no charge to consumers, the suggested voluntary contribution range is \$1.50 to \$2.00 per meal. Envelopes addressed to the Agency on Aging are provided monthly. Meal Deliverers are not permitted to accept contribution envelopes.

Important guidelines for Home-Delivered Meals:

- Delivery person MUST have verbal or visual contact with consumer with each meal delivery.
- Delivery person cannot and will not leave a meal unattended such as: a porch, hallway or cooler. (If you are unable to be present for delivery — Doctors appointment, etc. — you may make arrangements for family, friends or a neighbor to be at your home to accept the meals.)

**PLEASE NOTE:**

**If you or a family member will not be available to receive your home-delivered meal, a call must be made to your Area Agency on Aging Care Manager to place your meals on hold: (800) 368-1066**

