Senior Citizens Meal Program

Do you find it hard to cook a nutritious meal for one person? Are you too frail or tired to cook a nutritious meal? Are you short of money to buy groceries?

Are you homebound? Are you recovering from an illness or surgery?

Pembina County Meals & Transportation has nutritious, healthy meals available for senior citizens age 60 and older.

Individuals participating in the Senior Citizen Meal Program are asked to make a donation for their meals. The suggested donation for each meal is $4.00. The full cost of each meal is $7.50. EBT/SNAP is accepted. No one age 60 and older will be denied a meal because of inability to make a donation. Those under the age of 60 years are required to pay the full cost of the meal.

Senior meals are partially funded by federal Older American Act funds, county mill levy funds, participant donations, and other donations.

For more information call Pembina County Meals & Transportation at 701-454-6586.

CONGREGATE MEALS

Congregate meals are meals eaten in a group setting. Congregate meals consist of an entrée, vegetables, fruits, milk, bread, and margarine. Congregate meals are available Monday – Friday at the Drayton Senior Citizen Center, Thompson's Café Cavalier, and J & E Bakery & Café Walhalla.

For more information about meals please call Pembina County Meals & Transportation at 701-454-6586.

HOME DELIVERED MEALS

Home delivered meals are hot meals that consist of an entrée of meat, potato, and vegetable; or casserole and vegetable. Milk, bread, margarine and fruit are also provided. Meals are available in Drayton, Cavalier, and Walhalla.

Home delivered meals can be delivered to your home Monday – Friday.

A home visit from our Home Delivered Meal Manager is required for you to receive meals.

For more information about receiving home delivered meals please call Pembina County Meals & Transportation at 701-454-6586.

FROZEN MEALS

Pembina County Meals & Transportation has nutritious, healthy frozen meals available for senior citizens age 60 and older. Each meal consists of an entrée of meat, potato, and vegetable; or casserole and vegetable. Milk, bread, margarine, and a fruit cup for dessert are also provided with each meal. Frozen meals are prepared daily at the Drayton Senior Citizen Center.

Frozen meals can be delivered to your home monthly. Receive as many meals as you would like for one month. A home visit from our Home Delivered Meal Manager is required before you receive meals.

For more information about receiving frozen meals please call Pembina County Meals & Transportation at 701-454-6586.

MEAL POLICY

Senior meals provide nutritious meals as well as socialization activities, to senior citizens and other people, following federal and state regulations for this service. Meals are provided to persons age 60 and over and their spouses, regardless of age. Individuals under age 60 (except for spouses) may receive service only when it will not deprive an eligible client the opportunity to receive services. Individuals under age 60 must pay the full cost of the service unless they are a volunteer during meal services or they have a disability and reside with an eligible client in a non-institutional household. Congregate meal participants are not allowed to pick up hot meals to eat at home.

Home Delivered Meals provide nutritious meals to persons who are homebound. Home Delivered Meals follow federal and state regulations for this service. Eligibility for home delivered meals must be determined by the Home Delivered Meal Manager. To qualify for home delivered meals a client must be homebound. A person is considered homebound when one or more of the following exist: limited physical mobility, emotional psychological impairments that prohibit participation at a congregate site, lives in a rural area that prohibits client from attending a congregate meal site, client is convalescing following discharge from a hospital, are recently widowed and need temporary support and nutritious meals, caregivers of Home Delivered Meal clients may receive a meal, those under 60 must pay the full price of the meal, individuals eligible for the Medicaid Waiver for Home and Community Based Services may receive Home Delivered Meals.

STATEMENT OF NON-DISCRIMINATION

No person in the U.S. shall, on the grounds of race, color, national origin, disability, sex, age or income status, be excluded from participation, be denied the benefits of, or be subjected to discrimination under any program or activity funded in whole or in part with Federal Funds. Contact Pembina County Meals & Transportation Director at 701-454-6586 to request additional information on our non-discrimination obligations or to file a complaint.

Pembina County Meals & Transportation

PO Box 9

Drayton, ND 58225

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