

## Delivering More Than a Meal

As you prepare to return home consider contacting Meals on Wheels West to temporarily provide you with a hot, nutritious lunch and a light dinner, delivered to your door. Meals on Wheels West offers special meals for diabetics, kidney patients and other restricted diets.

### Enroll a friend or loved one

If you know someone, of any age or income, who is unable to leave their home or prepare meals because of injury, poor health or disability, please refer them to Meals on Wheels West

### Refer – Volunteer – Donate

[info@MealsOnWheelsWest.org](mailto:info@MealsOnWheelsWest.org)

310-394-5133

Visit our website to learn more



Celebrating 40 years of service

A 501(c)(3) nonprofit



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Serving Los Angeles County's Coastal Communities

