



HOME DELIVERED MEALS OF WESTPORT

Our Mission

To provide nourishing meals to any Westport resident whose age, illness or disability prevents them from taking care of their own nutritional needs. The combination of well-balanced meals and health aide assistance enables many people to maintain their independence and stay in their own homes, as opposed to going into an assisted or nursing home placement.

Services We Provide

- All meals are planned and monitored by a registered dietitian and are prepared by a caterer. Along with a regular diet, we can also provide therapeutic or special diets including diabetic, bland/no sauce, chopped or pureed. Low fat milk, or juice is available with each meal.
- Clients may have a main meal and/or a light meal Monday through Friday. Clients have the option of receiving extra meals on Thursday and Friday to cover the weekend. Special arrangements are made to accommodate anticipated inclement weather and holidays. Clients may choose the number of days a week they wish to have meals delivered.
- Our meals are delivered by volunteers who are a friendly visitor and a contact to the outside world. Many volunteers will stay and visit with the clients. The volunteer will arrive between 10am and noon with their meal.
- For health and safety reasons our volunteers cannot leave the meal at the door. If the client does not answer the door or telephone, we will contact their emergency contact and/or we will call the police to do a welfare check to make sure they are okay.

Cost of Meals

- This program is funded through the Title III Older Americans Act and is free for those who qualify. However, in order to serve more people, we do ask for donations. The client will receive a request for donation from the Senior Nutrition Program monthly. Those who are under 60 may receive meals but will be required to pay for the meals, to the best of their ability.

For more information, please contact:

Paulina Przybysz, Nutrition Program Coordinator, Westport Center for Senior Activities.
203-341-5097 Email: pprzybysz@westportct.gov

To refer a client please contact:

Kristen Witt, Social Worker
Department of Human Services Town of Westport
203-341-1067 E-mail: kwitt@westportct.gov

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