The Title III home delivered meal program is one that provides so much more than just a meal. While participants who are homebound receive a well-balanced nutritious meal, they are greeted by drivers who provide a wellness check with each visit. For many clients the delivery person may be their only daily contact ensuring their safety at home. Nutrition education and counseling which promote the role of nutrition in preventative health is also available.

Meals for those with dietary restrictions are available. To ensure the proper temperature and food safety meals may not be left in a cooler or with a neighbor. The Title III home delivered meal program is supported by federal and state funds that provide services for participants aged 60 and over. Anonymous donations are suggested but not required.

TO MAKE A REFERRAL
To make a referral for Title III home delivered meals please call the regional Elderly Nutrition Provider below. Eligibility must be verified.

ELDERLY NUTRITION PROVIDERS

**CW Resources**
Greater Bridgeport area  
203-332-3264  
215 Warren Street, Bridgeport

**Catholic Charities of Fairfield County**
Greater Norwalk/Stamford area  
203-324-6175  
30 Myano Lane, Stamford

PRIVATE HOME DELIVERED MEAL PROGRAMS
The following agencies provide local home delivered meal programs and have different requirements from Title III Home Delivered Meals.
# COMMUNITY SUPPORTS
## HOME DELIVERED MEALS

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| **CW Resources**  
200 Myrtle Street  
New Britain CT 06053  
203-332-3264 (Bridgeport area),  
860-229-7700 ext. 298 (New Britain)  
Towns served: Trumbull, Bridgeport, Easton, Monroe, Southport, Stratford, | **Catholic Charities: Senior Nutrition Program**  
30 Myano Lane  
Suite 14  
Stamford CT 06902  
203-324-6175  
Towns served: Norwalk, Stamford, Darien, Westport, and New Canaan. Latino and Russian meals available |
| **PRIVATE** | **HOME DELIVERED MEALS** |
| Greenwich | New Canaan |
| **Meals-On-Wheels of Greenwich**  
89 Maple Avenue  
Greenwich, CT 06830  
203-869-1312  
Towns served: Greenwich only  
Special Dietary meals offered: vegetarian, low-sodium, diabetic | **Meals-On-Wheels of New Canaan**  
c/o Waveny Care Center  
P.O. Box 231  
New Canaan, CT  
203-594-5318  
Towns served: **New Canaan only** |
| Norwalk | Weston |
| **Norwalk Senior Center – Meals on Wheels**  
11 Allen Road  
Norwalk, CT 06851  
203-847-3115  
Towns served: **Norwalk only** | **Weston Social Services**  
Town Hall, 56 Northfield Road  
Weston CT 06883  
203-222-2663  
Towns served: **Weston only** |
| Wilton | Westport |
| **Meals-On-Wheels of Wilton**  
P.O. Box 125  
Wilton, CT 06897  
203-762-0566  
Towns served: **Wilton** | **Westport Senior Center**  
21 Imperial Avenue  
Westport, CT 06880  
203-341-5099  
Towns served: **Westport only** |
COMMUNITY SUPPORTS
HOME DELIVERED MEALS

For more information contact
Denise Andreas, Nutrition Educator
Southwestern CT Agency on Aging
203-814-3649 or dandreas@swcaa.org