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## COMMUNITY SUPPORTS HOME DELIVERED MEALS

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

<b>TITLE III</b>		<b>HOME DELIVERED MEALS</b>
<b>Greater Bridgeport</b>		<b>Greater Stamford &amp; Norwalk</b>
<u><a href="#">CW Resources</a></u> 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,		<u><a href="#">Catholic Charities: Senior Nutrition Program</a></u> 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
<b>PRIVATE</b>		<b>HOME DELIVERED MEALS</b>
<b>Greenwich</b>		<b>New Canaan</b>
<u><a href="#">Meals-On-Wheels of Greenwich</a></u> 89 Maple Avenue Greenwich, CT 06830 203-869-1312 Towns served: Greenwich only Special Dietary meals offered: vegetarian, low-sodium, diabetic		<u><a href="#">Meals-On-Wheels of New Canaan</a></u> c/o Waveny Care Center P.O. Box 231 New Canaan, CT 203-594-5318 Towns served: <b>New Canaan only</b>
<b>Norwalk</b>		<b>Weston</b>
<u><a href="#">Norwalk Senior Center – Meals on Wheels</a></u> 11 Allen Road Norwalk, CT 06851 203-847-3115 Towns served: <b>Norwalk only</b>		<u><a href="#">Weston Social Services</a></u> Town Hall, 56 Northfield Road Weston CT 06883 203-222-2663 Towns served: <b>Weston only</b>
<b>Wilton</b>		<b>Westport</b>
<u><a href="#">Meals-On-Wheels of Wilton</a></u> P. O. Box 125 Wilton, CT 06897 203-762-0566 Towns served: <b>Wilton</b>		<u><a href="#">Westport Senior Center</a></u> 21 Imperial Avenue Westport, CT 06880 203-341-5099 Towns served: <b>Westport only</b>

[www.swcaa.org](http://www.swcaa.org)  
203-333-9288



1000 Lafayette Blvd, 9<sup>th</sup> Fl  
Bridgeport CT 06604

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**For more information contact**  
**[Denise Andreas](#), Nutrition Educator**  
**Southwestern CT Agency on Aging**  
**203-814-3649 or [dandreas@swcaa.org](mailto:dandreas@swcaa.org)**