

### Diets:

A registered dietician plans all menus to assure balanced nutrition. For diabetic consumers, the agency can, upon consumer request, substitute fruits in place of desserts.

### Eligibility and Re-evaluation:

To be eligible you must be:

- Age 60 or older
- Homebound
- Unable to prepare meals
- Have no assistance with meal preparation or have any other source of getting meals.

An in-home assessment must be completed prior to receiving home-delivered meals and a yearly re-evaluation will be conducted to continue home-delivered meals. If your condition or circumstances improve, you must notify your care manager.



Delivery person must have verbal or visual contact with consumer with every meal delivery!

### Consumer Questions and Concerns:

Any questions or concerns that are not resolved by talking with the manager of the local center, should be addressed to the center supervisor at 1-800-368-1066.

### Weather Conditions

On occasion when the weather causes hazardous driving conditions, we may not be able to arrange for your meals to be delivered. WPXI and KDKA TV channels will post a listing titled "Armstrong County Home-Delivered Meals".

It is suggested that home-delivered meal recipients maintain at least a 5-day supply of easily prepared food that have an extended shelf life for use in such cases.

The Armstrong County Area Agency on Aging is funded in part by the PA Department of Aging and County Board of Commissioners.

Jan. 2016

COUNTY OF  
ARMSTRONG



# HOME- DELIVERED MEALS



**IMPORTANT INFORMATION ABOUT  
YOUR HOME-DELIVERED MEALS...**

**PLEASE REVIEW THIS PAMPHLET  
CAREFULLY. If you have any ques-  
tions, contact your care manager at:  
(724)548-3290 or (800)368-1066.**

ARMSTRONG COUNTY  
AREA AGENCY ON AGING  
326 S. WATER ST., SUITE 1  
KITTANNING, PA 16201

**BOARD OF COMMISSIONERS:**  
PAT FABIAN, CHAIRMAN  
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The Area Agency on Aging provides balanced meals that equal 1/3 of the Recommended Daily Dietary Allowances for aging consumers. Our meals are planned and prepared in consideration of dietary guidelines for reduced consumption of sodium, sugar, and fat and increased fiber intake. They are reviewed and approved by a registered dietician.

Service days for AAA arranged delivery:

Kittanning and Ford City:

Mondays—1 hot meal; 1 frozen meal.

Wednesdays—1 hot meal; 2 frozen meals.

Dayton, Rural Valley, Leechburg & Apollo:

Tuesdays—1 hot meal; 1 frozen meal.

Thursdays—1 hot meal; 2 frozen meals.

Reminder: Your monthly menu calendar will specify delivery days for your area.

Delivery days are subject to change due to holidays.

Consumer-Arranged Delivery of Meals:

AAA adheres to an established route system for the delivery of Home-Delivered Meals. In cases where a family/volunteer is willing to self pick-up meals, the AAA will not assume the responsibility of the delivery of meals (outside the AAA established route) if for some reason the family/volunteer can no longer pick them up.



Guidelines for your meals:

Refrigerate cold items immediately and freeze your frozen entrees.

\*Frozen meal reheating instructions:

Microwave Instructions:

1. Peel back lid to vent or slit film in each compartment.
2. Heat frozen meal in microwave for 3-5 minutes maximum on high.

Conventional Oven Instructions:

1. Heat frozen meal in conventional oven; preheat to 350 degrees.
2. Place meal on cookie sheet, heat in oven for 30 minutes maximum.

**\*\*\*DO NOT use toaster ovens to reheat meal under any circumstances!**

Voluntary Donations:

The cost per meal is \$4.79. Consumers and/or their families are provided an opportunity to make voluntary, confidential donations to help maintain and expand this service. Although there is no charge to consumers, the suggested voluntary contribution range is \$1.25 to \$1.50 per meal. Food Stamps are accepted. Envelopes addressed to the Agency on Aging are provided monthly. Meal Deliverers are not permitted to accept contribution envelopes.

Important guidelines for Home-Delivered Meals:

- Delivery person MUST have verbal or visual contact with consumer with each meal delivery.
- Delivery person cannot and will not leave a meal unattended such as: on a table or stand, porch, hallway or cooler. (If you are unable to be present for delivery — Doctors appointment, etc. — you may make arrangements for family, friends or a neighbor to be at your home to accept the meals.)

PLEASE NOTE:

If you will not be available to receive your home-delivered meal due to an appointment, hospitalization, etc., you must call (or have a family member call) your care manager to place your meals on hold: (800)368-1066.

