

ABOUT OUR ORGANIZATION

Mountain Meals On Wheels Inc. (MMOW) is a non-profit 501 (c) (3) organization. We arrange for and deliver pre-cooked meals to persons who are unable to shop for or prepare their own meals due to illness, frailty, convalescence, or cognitive issues. Our team of volunteer drivers deliver meals throughout the San Bernardino mountain communities - from Cedarapines Park/Valley of Enchantment on the west, to Green Valley Lake to the east.

Meals are delivered Monday through Friday 52 weeks a year with only a few exceptions for six major holidays and severe winter conditions.

MMOW purchases nutritionally balanced meals from Mountains Community Hospital in Lake Arrowhead. Recipients are asked to pay a nominal fee for the meals, but we often subsidize the fees whenever necessary.

Mountain Meals On Wheels is an all-volunteer organization relying solely on our local community and charitable organizations for donations and meal delivery volunteers. We do not receive any governmental grants.

We have a great team of volunteer drivers who not only deliver meals daily, but can also provide an occasional check-up on the welfare of our home-bound recipients.



BECOME A RECIPIENT

Nutritious meals provided by Mountain Meals On Wheels is available to individuals who meet our minimum requirements:

- Candidates must have difficulties in shopping or preparing their own meals due to physical or cognitive issues
- A doctor's referral (recommending how long the recipient would benefit from being on our program)
- Meals Services can be provided over a short term or a long term period.

One meal is delivered each day (Monday through Friday) by our volunteer drivers, typically before noon (but may be later in the day depending on the volunteer driver's personal schedule).

Our meals are prepared for Mountain Meals on Wheels by the Mountains Community Hospital in Lake Arrowhead. The capable kitchen team and staff nutritionist ensures a healthy and wholesome meal, consisting of a main entrée and two sides in a microwaveable/recyclable container. The meal also includes a bag with a piece of fruit, a drink, and a dessert. Meals can also be customized (within limits) to accommodate for individual needs, such as food allergies or specific dietary requirements.



PO Box 623, Lake Arrowhead, CA 92352
www.mountainmealsonwheels.org



DONATE

Although we are a fee-based program, the fee payments we receive from recipients cover only a portion of our total meal costs. Hence, the balance of our expenses must be covered by fund raisers, non-governmental grants, and donations from local businesses, charity organizations, and Angels like you. A donation of \$65 covers the cost of meals for one recipient for a single month.

If you would like to be one of our Angels, you can make a donation by:

- Visiting our web site **www.mountainmealsonwheels.org** and click on DONATE for an easy and secure on-line donation process, or;
- Mail a check payable to:
Mountain Meals on Wheels, Inc.
PO Box 623
Lake Arrowhead, CA 92352
- Or call us at 909-436-8065 to arrange a direct bank transfer.