



To make a monetary donation or a donation of your time, contact us today!

Proud to Support Every Senior

Balanced nutrition and social contact on a frequent basis are key to maintaining good health, and necessary for living independently at home. Together with our volunteers, we provide a hot, nutritious meal, social interaction and an invaluable safety check to our community's most vulnerable members, our seniors.



Rogue Valley Council of Governments
PO Box 3275, Central Point, Oregon
541.734.9505 | 541.955.8839
www.rvcog.org

Look us up on Facebook at:
"Food & Friends of Southern Oregon"



The Meals on Wheels and Senior Meals Program of Jackson and Josephine Counties

FOOD & FRIENDS OFFERS:

- Nutritious hot and frozen meals for seniors.
- Regular social contact with someone who cares.
- Support for seniors who have a long or short term need for delivery of Meals on Wheels.



FOOD & FRIENDS WELCOMES YOU!

- All seniors 60 and older, and their spouses, are welcome to join us for lunch at any of our meal sites located in:

JACKSON COUNTY -

Ashland, Central Point, Eagle Point, Jacksonville, Medford & Rogue River.

JOSEPHINE COUNTY -

Cave Junction, Grants Pass, Merlin & Wolf Creek.

- Homebound seniors 60 and older who need help with meal preparation may receive Meals on Wheels delivered to their homes by volunteers.
- Adults with disabilities who meet eligibility criteria may receive Meals on Wheels and should contact their case manager to inquire about service.



- Meals on Wheels are available in:

JACKSON COUNTY -

Ashland, Central Point, Eagle Point, Gold Hill, Jacksonville, Medford, Phoenix, Rogue River, Shady Cove, Talent & White City.

JOSEPHINE COUNTY -

Cave Junction, Grants Pass, Merlin, Wilderville & Wolf Creek.

MEAL CHOICES:

- Each hot or frozen meal contains a minimum of one-third of the recommended daily allowance of nutrients required for seniors.

- Hot and frozen meals contain: an entrée, two vegetables, milk, and dessert or fruit.
- Reduced sodium and diabetic options are available upon request.

For more info call:

Jackson County - 541.734.9505
Josephine County - 541.955.8839