

# FREE HOME-DELIVERED MEALS



Meals on Wheels of Ramsey County is providing free home-delivered meals to Ramsey County adult residents who are impacted by COVID-19. This program is made possible by the Coronavirus Aid, Relief, and Economic Security (CARES) Act.

## Program Eligibility Requirements (must meet all criteria):

- Ramsey County Resident
- Over the age of 18
- Homebound due to COVID (directed to isolate or quarantine; health-compromised and need help preparing meals; or in a high-risk category as defined by the CDC)
- Experiencing financial hardship and cannot afford groceries or meals.

## Menu Options Include:

Heart Healthy/  
Diabetic Friendly  
Vegetarian/Vegan  
Gluten-Free  
Dairy-Free  
Kosher  
Renal  
Culturally Specific



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Learn more and sign up:  
[meals-on-wheels.com/ramsey](https://meals-on-wheels.com/ramsey) | 651-318-9091