

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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 **RISE** | Ramsey County Investment and Support Efforts

Learn more and sign up:
meals-on-wheels.com/ramsey | 651-318-9091