# Mounds View Meals on Wheels

**Speak to Us 9am-1pm M-F or leave a voicemail: *651-621-7950***
**Email Andy at anytime: *andrew.mattila@moundsviewschools.org***

Do you see something on the menu you really dislike, such as fish or pork or spicy entrees? You can always contact us and request an alternate item for that day whether you're a Hot Meal or a Frozen Meal recipient. If you have any issues with your meals, let us know!

Just use the contact information above, we're all ears.

## Resources for Seniors in Ramsey County

**County Food Resources Site:** Help finding and affording food and connecting to local resources
**651-266-8500**

**SNAP - Food Support:** EBT card to pay for healthy food at grocery stores & farmers markets
**1-888-711-1151**

**Help at Your Door (Grocery Shopping):** Volunteers take your order, shop, deliver & help put groceries away
**651-642-1892**

**NAPS - Nutrition Assistance:** Free monthly box of nutritious food for low-income seniors 60+
**1-866-844-3663**

**Hunger Solutions:** Food HelpLine connects to local food resources & SNAP assistance
**1-888-711-1151**

**Help at Your Door (Home Repair):** Home safety modifications (grab bars, handrails, door repairs, etc)
**651-642-1892**

**The Food Group:** Fair for All traveling affordable grocery and Mobile Markets
**763-450-3860**

**Ralph Reeder Food Shelf:** Mounds View School District residents (that's you!)
**651-407-5310**

**Hearts & Hammers:** Exterior home restoration, repairs & painting for eligible homeowners
**612-208-2791**

**Contact us for more resources.**

## How are we doing? Do you like your volunteer drivers?

Please let us know how we can improve on our service using the contact information above. We would also like to hear about the volunteer drivers you meet. Has a volunteer driver gone above and beyond and you'd like to recognize their efforts? Please share with us so we can pass along your appreciation.

## If you like Meals on Wheels, please share!

Sharing is caring! If you have been pleased with your service from Meals on Wheels, please tell a friend or family member and give them our contact information. The time may come when they could use our help. The recipes for our meals are designed by nutritionists who follow strict guidelines for a heart-healthy diet. Remember, we provide more than just a meal, we offer a visit from a volunteer who *sincerely cares* about the wellness of meal recipients. We serve the entire 621 Independent School District, ranging from North Oaks, down to St. Anthony Village, over to Roseville, and everywhere in between. We are part of the Meals on Wheels of Ramsey County collaborative, so if you know someone who needs help outside of our service area, have them contact us and we'll connect them with the nearest provider.