

Clemson Meals on Wheels - Helpful Information for Recipients

Who We Are and What We Do:

- We are a group of volunteers who provide hot midday meals to residents of the Clemson community who need extra help to stay in their homes. Those delivering meals are not paid and do not receive expense money. Clemson Meals on Wheels does not receive any government money.
- Operating expenses incurred by Meals on Wheels are covered by contributions from churches, civic organizations, fraternities and sororities, individuals and from those receiving meals. Beginning in 2024, thanks to the generosity of our donors, the Board voted to provide meals for eligible recipients, free of charge.
- Meals are delivered Monday – Friday (Or according to any custom weekday schedule, as requested. M-W-F only, for example).
- We partner with Ingles to provide the midday hot meal to include entrée, two sides, fruit and/or dessert, and a drink (juice or milk). The meals are prepared to accommodate both a diabetic and non-diabetic diet according to guideline recommendations from the American Diabetes Association.

Eligibility:

- Anyone living within the city limits of Clemson may apply for help from Clemson Meals on Wheels.
- Each request is screened according to need. Requests are based on physical need. For example, a person recently released from the hospital may ask for short-term help. Others with problems preparing meals may ask to become long-term recipients.
- Recipients are our home-bound neighbors who for reasons of health or age or disability are unable to prepare a well-balanced diet for themselves.

Responsibilities of the Recipient:

- Recipients must be present and decently attired when the driver delivers the meal, each day, generally between 11:15 AM – 12:15 PM.
- If a recipient is not able to receive a meal in person (e.g. Doctor's appointment) or will be away for a period of time, they should notify CMOW so meals can be suspended. A minimum of 24 hours (1 weekday) is generally required to accommodate change requests (stop/suspend/restart). For food safety reasons, a driver cannot leave a meal.

The Cost of Meals and How to Make a Donation:

- All clients are furnished with their meals free of charge. Clients are, however, encouraged to donate financially to Clemson Meals on Wheels, if able.
- **Donations are tax deductible** and may be made through the CMOW website or mailed to:

Meals on Wheels
P.O. Box 1415
Clemson, SC 29633

Important contact information:

- Get to know your meal delivery drivers. They care about the people they serve!
- Reference the website www.clemsonmealsonwheels.org
- If you are going to be away during delivery hours (e.g. Doctor's appointment) or for an extended period (hospital/rehab/out of town) please call/text the **Recipient Coordinator (Jane LaGrone at 704-578-5902) or the Driver Coordinator (John Hoag at 864-873-7443)** to suspend or cancel your meal delivery.
- If you have issues with your meal, call the **Recipient Coordinator (Jane LaGrone at 704-578-5902); Do not call Ingles.**