

HELP US HELP OTHERS



Please contact Southwest meals on wheels if you need meals or are aware of someone who does. If we do not service your area we will put you in contact with a provider in your area if possible.

Southwest meals on wheels provides daily contact to our seniors, if they don't answer the door we call an emergency contact if they do not know where the client is, we call for a wellness check with the local police department.



*Southwest Meals
on Wheels*

601 McMillen St
Bridgeville, PA 15017
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southwestmealsonwheels.org

Southwest Meals on Wheels

*Helping to keep seniors
independent and provide
them with daily contact
and a nutritious meal*



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FAST FACTS



A healthy balanced meal everyday!

Who is eligible and what areas do we serve?

Southwest meals on wheels will service any individual that cannot prepare their own meals for whatever reason. Our program has no age limit.

We service the following areas:
Beechview, Bridgeville, Carnegie, Clinton, Collier Twp, Crafton, Dormont, Greentree, Heidelberg, Imperial, Ingram, Mt. Lebanon, Oakdale, Robinson Twp, Scott Twp, South Fayette Twp, Upper St. Clair and Westwood.

What is the cost?

The cost is \$7.00 per day which includes the following: A bagged lunch with a sandwich or soup, salad, dessert, bread or roll and a quart of milk of your preference once a week. Also included is a hot meal which contains a protein, a starch and a vegetable.

How often can I get a meal?

You choose your service. We can deliver one day or every day. Some clients get meals 3 days a week. You can also purchase frozen meals for the weekend.

How do I pay?

We prefer a check which can be collected each week by the person delivering your food. You can also pay via Paypal. We can also set it up for monthly or quarterly billing. We will work with you to make it easy.!

Ways to help

We have a wish list! We are in need of and accept all of the following:

Canned fruit or vegetables, canned gravy, soup, dry goods such as mac and cheese, pasta or noodles. foil, sandwich bags, peanut butter, jelly, diabetic cookies, plastic wrap, office products such as copy paper, sharpie markers, masking tape, address labels and stamps.

Gift cards for grocery stores so we can buy lunchmeat and cheese.

Southwest meals on wheels is self sustaining and does not receive any state or federal funding. We are always in need of donations and volunteers. Please call our office to find out more about what you- your company – or social group can do to help us with this important mission.