



Many seniors take medication or have health problems that limit their food choices. Meals with love will accommodate special dietary needs and food preferences.

Our meals are prepared fresh every day and are delivered throughout Vista and Oceanside by a team of volunteers.

Meals with Love provides not only a hot meal, but someone to check on the well being of our clients. For many of our clients, our volunteers are the only people they see on a daily basis.



FACT:

Seniors are at risk of poor nutrition because they may lack the money to purchase food, may be unable to go to the store to purchase food or are unable to cook for themselves due to an illness or physical limitation.

FACT:

The average Meals with Love client is 83 years old and lives on less than \$1,000 per month. This money must cover their medical costs, prescription drugs, rent, transportation and food.

**Signing up for the service is easy.
Call (760) 726-1225**



To become a volunteer or to make a donation
Please contact

Cathy Vaughn - Coordinator

651 Eucalyptus Avenue (760) 726-1225 Office
Vista, CA 92084 (760) 726-1299 Fax

mwl@vo.sdcoxmail.com

www.vomow.org



Meals-With-Love-Vista-Oceanside