

Distance Dining



Home-Delivered Meals Program for Rural Residents



- **Goal:** Offer meals to Medicaid eligible (non spend down) clients age 63+ living in rural areas where senior centers do not deliver meals.
- **What?** A pack of 10 frozen meals are delivered by FEDEX weekly (46 meals per month) or as client requests. A phone contact to client will be made on a regular basis by SEMO AAA central office staff or volunteer.
- **Who?** Contact Rhonda Bramlett at Rhonda2@semoaaa.org or Cassandra Smith at Cassandra@semoaaa.org or call SEMO Area Agency on Aging at 1 (800) 392-8771 for more details.



Distance Dining Program Information

1. Offered **Directly** by Central Office AAA-not through a Center
2. Authorized exactly the same as other home-delivered meals
3. Highest units **(46)** or Lowest **(10)** per month
4. Our priority is to **reach rural** clients, but **other circumstances** have been accommodated (*i.e. biting dogs, belligerent clients, etc*)
5. Delivery day is **Thursday**-Arrives in a box with dry ice in a Styrofoam cooler and another box inside with all the components (*client may need help in putting these items away*)
6. **Full Menu** Pattern Required: Entrée, vegetables, fruit/juice, individually wrapped bread, muffin, crackers, cookie, dry instant milk (*client may need help stirring up milk, taking film off tray, cutting open components, seasoning meal when heated, adding raw fruit/veg. etc.*)
7. Advantages: **Nutrition** label on Meals-**Variety** of food offered-Helps **lower** client's fuel and food **bill \$**-Use meals on weekends