

# Meals at Home

**Meals at Home** is a [volunteer service](#) delivering meals and groceries directly to the home bound.

***Our clients:*** Those unable to grocery shop or prepare a nutritious meal for themselves due to age, illness, being shut-in, incapacitated, or to others who have a physical condition.

- This need can be short term (due to surgery or during rehabilitation) or it may be long term, due to illness.
- There are no age restrictions.

***Our goal:*** To assist in enabling our clients to live independently in their own home despite physical limitations.

**Your Delicious Meal:** Sunset prepares the meals in our kitchen. You will receive a standard hot meal each day that will include meat, potato, vegetable, salad, dessert, milk, and bread.

- Volunteers deliver the meals to your home daily
- Our volunteers are local residents who donate their time and service as a demonstration of Christian love.
- They do not receive any compensation. Please treat them with kindness and respect.

## Who do I call for 'Meals at Home'?

Sunset's Meals at Home office will answer any questions you have about this wonderful service. The telephone number is **(616) 457-2770** ext. 1904 or **(616) 457-7777**. Office hours are 8:00am to 4:00pm Monday through Friday.

### **Requirements to receive Meals at Home service:**

You must identify a legitimate need. This may require a recommendation, either written or verbal, from a physician, pastor, social worker, hospital, health agency or a staff member of Sunset.

### **Our service boundaries**

Our delivery service area is predetermined geographically. At this time we are limited to the Grandville, Jenison and Hudsonville areas. If you have a need outside of this area, please call and we would be happy to refer you to a different service that can help to meet your nutrition needs.

## What is the cost of 'Meals at Home'?

Meals at Home are delivered 365 days per year! The cost for each meal is only \$5.00 per day.

You must intend to receive meals at least 4 days per week.

### **How do you pay for the meals?**

Sunset uses a pre-paid debit system for your account.

*Example:* If you are going to receive 5 meals per week, the total cost is:

\$5.00 x 5 days = \$25.00

\$25.00 x 4 weeks = \$100.00

You would then send a check for \$100.00 to cover the meals.

You may also pay at that time for any items purchased through Sunset's "Grocery Express" service.

## Need some groceries?

Meals at Home Introduces:

Grocery Express, offering a next day grocery delivery service!

Yes! You can order those much needed grocery supplies from Sunset's General Store, and they will be delivered the very next day with your meal.

- Simply complete a grocery order sheet.
- Send it back with your volunteer driver
- We will fill your order, deduct the amount from your debit account and deliver your groceries along with your meal, on the following day. It's that easy!

**To get started with Sunset's Meals at Home and Grocery Express program, call (616) 457-7777 today!**