

NSI MEALS ON WHEELS

BRINGING WARM MEALS AND KINDNESS TO YOUR DOORSTEP!

ARE YOU OR SOMEONE YOU KNOW IN NEED OF NUTRITIOUS MEALS DELIVERED TO YOUR HOME?

MEALS ON WHEELS PROVIDES HEALTHY, AFFORDABLE, AND DELICIOUS MEALS TO INDIVIDUALS WHO ARE UNABLE TO SHOP OR COOK FOR THEMSELVES. WHETHER YOU'RE A SENIOR OR A PERSON WITH A DISABILITY, WE'RE HERE TO HELP!

OUR SERVICES INCLUDE:

- HOT, NUTRITIOUS MEALS DELIVERED DAILY
- SPECIALIZED MEAL PLANS TO ACCOMMODATE DIETARY RESTRICTIONS
- FRIENDLY, CARING DELIVERY DRIVERS WHO CHECK IN ON YOUR WELL-BEING
- AFFORDABLE, FLEXIBLE PAYMENT OPTIONS

HOW IT WORKS:

1. **SIGN UP** – CALL US OR VISIT ONE OF OUR SITES TO REGISTER.
2. **GET MEALS DELIVERED** – WE DELIVER RIGHT TO YOUR DOOR!
3. **ENJOY YOUR MEALS** – HEALTHY, DELICIOUS MEALS WITH A SIDE OF CARE.

The Senior Nutrition Program is available to anyone aged 60 and over. The spouse of an eligible participant or a volunteer may participate in the program regardless of age.

NSI is a non-profit, founded in 1996 by Larry and Michele Kroeger in Waseca, MN. Our sole purpose is to provide the senior meal programs (congregate dining, home delivered meals and elderly waived/alternative care) in the 21 counties that make up Regions 1, 2, and 4. NSI provides no other services or meal programs in other areas. We focus 100% on providing excellent meal programs.

We have NSI Congregate Dining Centers and NSI Meals on Wheels in 21 Minnesota counties. Services vary by location. Local restaurants offer meals for older adults, aged 60 and older, throughout the day or over the lunch hour with no reservations required. These locations offer more menu choices than an older adult dining center. In addition, older adults can eat at these sites with friends and family members.

To sign up or for more information, call:

Meals On Wheels Team
216 3rd St NW
Bemidji, MN 56601
218-444-3987

Senior Citizens Center
[105 Main St S, Clearbrook, MN 56634](#) ·
[\(218\) 776-3154](#)

Bagley Senior Citizen Center
[26 Main Ave N, Bagley, MN 56621](#) ·
[\(218\) 694-6873](#)

Gina Crocker
Program Coordinator-Region 2
218-252-4964