

Pascack Valley “Meals on Wheels” is a non-profit organization available to all individuals that live alone, cannot drive, shop or cook for themselves. They provide 2 nutritious meals -- a hot one (consisting of a protein, starch and vegetable) and a sandwich, 2 milks, a dessert and fruit. Special dietary needs are accommodated such as lactose intolerant, low sodium or low sugar.

There is a fee of \$7.35 a day. The mission of this organization is to improve health, reduce isolation and promote a better quality of life.

If anyone would like this service or would like to volunteer, please call 201-358-0050 or visit [www.pvmealsonwheels.com](http://www.pvmealsonwheels.com) for more information.