



**Tioga Opportunities, Inc.**

**Helping people, changing lives!**

Tioga Opportunities, Inc. (TOI) is an anti-poverty Community Action Agency that has served residents of Tioga County for over 50 years.

TOI creates partnerships that strengthen communities while empowering individuals and families to achieve independence and enrich their quality of life.

Visit our website at [www.tiogaopp.org](http://www.tiogaopp.org) to learn how our programs and services can assist you.



**Tioga Opportunities, Inc.**

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607-687-4120  
[WWW.TIOGAOPP.ORG](http://WWW.TIOGAOPP.ORG)



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HOME  
DELIVERED  
MEALS

Home Delivered Meals help older adults maintain or improve their overall health and well-being with nutrition and social contacts.

**Eligible participants must:**

- Be 60 years of age or older and a resident of Tioga County, NY.
- Be unable to prepare meals due to injury or frailty.
- Lack support from family, neighbors, and friends.

**Call us today!**

**607-687-4120**

Home Delivered Meals provide valuable benefits to eligible participants and their caregivers:

- Nutritionally balanced meals developed by our Registered Dietitian.
- Regular checks by our delivery drivers and staff to ensure safety and well-being.
- Access to our Registered Dietitian who provides monthly nutrition education flyers and private nutrition consultations to discuss your dietary and nutrition concerns.
- TOL's services and referral network.

**Voluntary Contributions for Services**

Each month, you will be sent a summary of the meals you received during the past month and the amount of the suggested voluntary contribution for those meals.

Services will not be affected because of an inability or unwillingness to contribute. Contributions that are received are used to improve upon and support the program.

Our delicious monthly menu is planned by a Registered Dietitian and provides at least 1/3 of the daily minimum dietary requirements using a national guideline for older adults.

Meals are prepared fresh daily, using quality ingredients, by our chef and culinary team at the Countryside Community Center in Owego.

Meals are delivered Monday through Friday by our dedicated team of trained volunteer and staff drivers.

Our team will partner with you to create a meal plan that will best meet your needs. Your delivery can include:

**Hot Mid-Day Meal:** Hot entrée, starch, and vegetable, served with bread, juice, dessert, and milk.

**Cold Dinner Meal:** Sandwich served with a side dish, juice, dessert, and milk.

**Frozen Meals:** Frozen entrée, starch, and vegetable, served with juice, dessert, and milk.