



MEALS ON WHEELS

FOR SUNNYVALE & MOUNTAIN VIEW RESIDENTS

The Health Trust Meals on Wheels, with support from the El Camino Healthcare District, is expanding its free services for older adults who are homebound in Sunnyvale and Mountain View.

Every meal provides one-third of the Recommended Daily Allowance adult nutritional needs. Hot meals are delivered Monday through Friday, and frozen weekend meals are delivered on Friday.

If you or someone you know is interested in receiving free Meals on Wheels, contact us at 408-961-9870.



What We Offer

Nutritious meals

Wellness checks

Free monthly pet food delivery

In-home exercise program

Resource referral

Requirements

Resident of Sunnyvale or Mountain View

60+ years of age

Homebound

Having difficulty shopping/cooking

Low income

The Health Trust

3180 Newberry Drive
Suite 200
San Jose, CA 95118

408-961-9850

Visit healthtrust.org to get involved or donate.