

# BECOME PART OF THE NUTRITION LIFELINE!

YES! I want to be a volunteer as a:

- Driver                       Office Worker  
 Kitchen Helper       Handyman

YES! I'm a FRIEND of MEALS a la CAR:

- Regular Membership ..... \$30.00  
 Senior Membership ..... \$15.00  
 Contributing Member ..... \$50.00  
 Sustaining Member..... \$100.00  
 Patron Member ..... \$150 and up

Here is my tax-deductible gift of: D

- \$5    \$10    \$25    \$40  
 \_\_\_\_\_

NAME:

ADDRESS:

CITY/ST/ZIP:.

PHONE:

Make Checks Payable to MEALS a la CAR

Mail to:                      Meals a la Car, Inc.  
   PO Box 245361  
   Sacramento, CA 95824

## FRIENDS OF MEALS A LA CAR

If you can't donate your time, think about becoming a FRIEND OF MEALS A LA CAR. By making an annual tax-deductible donation of \$15 or more, you can become a member of FRIENDS 01- MEALS A LA CAR. Members receive the Meals a la Car newsletter, an invitation to attend our annual luncheon, and can be assured that the donation is used toward food assistance to the Homebound.

### How Do I QUALIFY FOR MEALS A LA CAR, INC.?

**Meals a la Car** defines Homebound as *someone unable to shop for or prepare food needed to sustain an adequate level of dietary health.* It is further defined as being unable to *plan or prepare a special diet necessitated by health problems.*

To receive **Meals a la Car** you must:

- \* Meet the definition of Homebound
- \* Live within our Service Area
- \* Be willing to *pay* for the service based on your income
- \* If a New Client, pay for the first 10-days in advance. After that, you are billed monthly.

## NUTRITION

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## FOR THE

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## HOMEBOUND

MEALS A LA CAR

A Sacramento Area

Community Service Program



Feeding the

HOMEBOUND OF ALL AGES

Since 1972

## SERVING THE NEED

Imagine being at home, unable to cook for yourself because of a short- or long-term disability or recently released from the hospital, yet yearning to remain independent. Then you discover a volunteer organization that can prepare and deliver meals to you on a daily basis. And the best part is that each meal is nutritionally balanced to meet your dietary needs.

**Meals a la Car, Inc.** is just that organization. Currently, it serves approximately 300 meals per day to individuals needing assistance, yet who remain independent. Meals are delivered to your door Monday through Friday by a volunteer who is interested in helping others. Special arrangements can be made for Saturday and Sunday meals, if desired.

## WE PROVIDE.



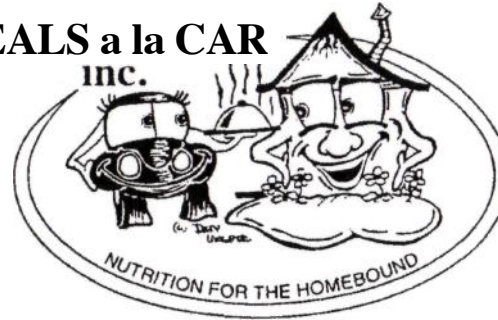
**SPECIALIZED DIETS**

**CARING**

**DAILY VISITATION**

## WE ARE

**MEALS a la CAR**  
inc.



*"It is in our endeavor to help others  
that we find the heart of our own souls  
and discover who we really are."*

**MEALS A LA CAR, INC.**

PO Box 245361

Sacramento, CA 95824

(916) 391-3837

## OUR MISSION

**Meals a la Car, Inc.**, is a non-profit community service that delivers hot meals to the Homebound of all ages. Organized in 1972, **Meals a la Car, Inc.**, has served nutritionally balanced meals to those who are unable to personally prepare their food due to health or injury convalescence. Yet, those we serve continue living an independent lifestyle.

An Agency of The United Way, **Meals a la Car, Inc.** is a volunteer-based organization that receives **NO** government funding. Therefore, it is dependent upon the financial and support generosity of our community. The mission of **Meals a la Car, Inc.** is to enable the Homebound to continue living independently while receiving short- or long-term meal service via daily contact with our volunteers.

### VOLUNTEERS ARE OUR LIFELINE

Volunteers are the lifeline to our recipients! Giving a few hours a week as a driver, kitchen or office helper, or even a handyman can help us meet our growing demands. As a volunteer, you will develop a rapport with your recipients on a very casual, but also very special basis. Routes are available throughout most neighborhoods. All deliveries are made during the day