

# DIABETES Nutrition



**MEALS on WHEELS**  
**NORTHWEST INDIANA**

TOGETHER, WE CAN DELIVER.



Meals on Wheels of Northwest Indiana is a nonprofit nutrition provider. We understand how important nutrition is for a person with diabetes. We offer sugar friendly options to help you manage your diabetes, and also offer over twenty other diet modifications to meet specific nutritional needs.

**For more information call 219-756-3663**

- No age or financial requirement.
- Meals are \$5.99 each. Additional funding sources are available for those who qualify.
- One hot meal is delivered daily Monday through Friday.
- Frozen meals are also available in 5 or 7 packs.
- Three main diet types: Heart Healthy, Sugar-Friendly and Renal.