

HEART HEALTHY

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 when managing heart health. All of our meals are heart healthy (low sodium). We 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.