

Home Meal Delivery

A number of options are available for seniors who are unable to cook, shop or prepare meals at home. All phone numbers are area code 845 unless otherwise noted.

Not all options are accessible county-wide.

Dutchess County Office for the Aging Home Delivered Meals

A hot midday meal to most locations is available Monday through Friday. Frozen and shelf-stable meals are available for other days. Menus are approved by a Registered Dietitian, and clients receive a complete assessment as well as ongoing nutrition education and counseling, if desired. For information call **(845) 486-2555**. There is a small suggested donation - but nobody will be turned away because of an inability to pay.

Meals On Wheels

Several "Meals on Wheels" organizations operate in Dutchess County. Days of service and fees vary for each organization. Contact them directly at:

Hyde Park (and Village of Rhinebeck) – **229-5896** or www.mealsonwheelsofhp.org

Poughkeepsie – **452-2245** or www.mealsonwheelsofpg.com

Millbrook (and Verbank) – **677-3485**

Wappingers Falls – **297-2800**

Private Meal Companies

These commercial services provide several meal delivery options, at a higher cost:

Schwans:	888-SCHWANS or www.schwans.com
Dinners for You:	800-741-4827 or www.HomeCookingForYou.com .
Mom's Meals:	866-508-6667 or www.momsmeals.com .
Top Chef Meals:	800-616-8044 or www.topchefmeals.com .

Grocery Shopping Services (Limited Delivery Areas)

For those who are able to cook but are not able to drive, Stop and Shop offers **Peapod** (www.peapod.com), a food delivery service where customers order online and their order is delivered. The fee is \$6.95 for orders over \$100 and \$9.95 for orders between \$50 and \$100. The company offers \$1 off the delivery fee if payment is made by automated checking account withdrawal, and another \$1 off certain delivery times, meaning that delivery can be as low as \$4.95.

Shoprite From Home (www.shoprite.com) allows you to place an order and pick it up or have it delivered. The fee is \$10 plus \$6.95 for the delivery. For orders over \$100, the \$10 fee is waived.

Peck's Food Market (518-398-6622) delivers for a fee within Pine Plains only.

Instacart (www.instacart.com) delivers for a fee from various supermarkets serving Hopewell Junction, LaGrange, Pleasant Valley, Poughkeepsie and Wappinger.

Dutchess County Office for the Aging

(845) 486-2555 or toll free at **(866) 486-2555**

www.dutchessny.gov/aging

Email: ofa@dutchessny.gov

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Services

Senior Friendship Centers
Home Delivered Meals
Nutrition Education
Continuing Care
Summer Senior Picnics
Nutrition Counseling
Caregiver Support
NY Connects
Case Management
Nursing Home Information
Benefit & Entitlement Counseling
Information, Referral & Advocacy
Health Insurance Counseling &
Assistance
Legal Assistance
Housing Information
Home Energy Assistance
Medical Transportation
Volunteer Opportunities
Brain Games
Physical & Mental Fitness Programs
Tai Chi
A Matter of Balance
Successful Aging presentations
Scam Prevention help

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Dutchess County Office for the Aging

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Marcus J. Molinaro
County Executive



Todd N. Tancredi
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Office for the Aging

Home Meal Delivery in Dutchess County

**Dutchess County
Office for the Aging**

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ofa@dutchessny.gov**



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