



Ecumenical Ministries of Oregon's Daily Bread Express

with Funding from

Multnomah County's Aging Disability & Veterans Services

**Is Now Offering Self-Referred In-Home Meal Delivery**

**WHO QUALIFIES: Individuals 50-years-of-age and older who are HIV+, Home-bound and/or unable to meet their nutritional needs.**

**WHAT: Seven (7) professionally prepared, individually packaged frozen meals delivered once weekly directly to participants' homes. The first batch of meals is included with intake.**

**WHEN: Meals are typically delivered on Wednesdays from 10 am-5 pm, although it may be possible to arrange for other days/times based on volunteer availability.**

Meals are **FREE** and there is no income eligibility requirement, although an effort is made to serve those individuals with the most need.

**To refer yourself or for more Information call Meghan Lewis @ (971) 279-9724**

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