



***WISH YOU COULD HAVE A NUTRITIOUS KOSHER MEAL EVERYDAY?
FIND MEAL PLANNING/PREPARATION TOO DIFFICULT TO MANAGE?
WORRY ABOUT A LOVED ONE GETTING THEIR DIETARY NEEDS MET?***

Jewish Family Service provides the only KOSHER Meals on Wheels service in Tidewater.

If you or someone you know is 60 or older and finds it difficult to shop for or prepare meals, they may be eligible.

JFS Meals on Wheels offers:

- * Up to seven Kosher meals a week per resident***
- * Meals delivered each Thursday by a friendly JFS Volunteer***
- * Nutritionally balanced, tasty meals***

**For more information or to apply for Meals on Wheels,
please call Clare Krell at 321-2222.**

**JFS Meals on Wheels is open to anyone in the community who meets
program-specific criteria, regardless of race, religion or background.**



Jewish Family Service of Tidewater
260 Grayson Road, Virginia Beach, VA, 23462
757-321-2222 • www.jfshamptonroads.org

You never know when you'll need help, but you'll always know where to find it.