

Home Delivered Meals

Meals for homebound persons sometimes called "meals on wheels". Also includes meal kit, prepared meal and restaurant delivery services.

Links

AARP Home Alone Alliance

Source

[AARP Home Alone Alliance](#)

Links

Best Practices for Livable Communities from USAging

Source

[Best Practices for Livable Communities from USAging](#)

Article

Senior Nutrition for Good Health

Nutritional needs change as we age. This article from Senior Connections includes practical tips for preparing tasty, nutritious, and quick meals.

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