

A Home Delivered Meal Programs Has Been Offering Choice Meals Since 2007

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Brief Description:

Meals On Wheels, Inc. of Tarrant County (MOWI) has been offering a choice of lunch entrees for five years.

Attached is a PowerPoint presentation outlining the MOWI Choice Meal program and can be easily modified to provide a brief presentation or adapted into a poster session.

This submission was selected as part of a national challenge issued to leaders in all communities seeking new "best practices" and "best possibilities" for the future of nutrition and aging.

Beginning March 2007, Meals On Wheels, Inc. of Tarrant County (MOWI) began to test market a- Choice Meal Program. Due to overwhelming positive response from the test market participants, the choice meal program went countywide on June 18, 2007 and is a permanent part of a multitude of services that we provide our clients.

This innovative program allows MOWI clients to make their own menu selections based on their own preferences and desires. Menu order forms are sent out to clients six weeks prior to the start of the menu cycle which lasts for approximately 18 weeks.

Clients have the option of choosing between two different entrée choices (meat/protein selections) for their noon meal. There is a Menu A option and a Menu B option. The design of the menu allows for the meal accompaniments to remain the same regardless if Menu A or Menu B is selected. Each menu option is available as a Regular or Diabetic meal.

If no meal is selected then the Menu A meal is the default meal; so everyone gets a meal regardless if they make a selection or not. Each meal tray is then labeled with as "Meal A" or "Meal B" so that volunteers can easily deliver the correct meal choice of the client.

The return rate of menu order forms continues to be at 65-70 percent which demonstrates the appeal of this program to our clients. MOWI is proud to have been offering this innovative program to some our clients for five years.