

# Supporting Veterans on the Homefront

## County of Los Angeles Meals On Wheels Association

### VETERANS

# Sign-up for nutritious low cost meals delivered to your home!

### WHO WE SERVE

Homebound veterans who cannot shop, cook or otherwise provide for themselves due to illness, accident, disability, frailty, lack of mobility or other mental or physical health problems.

MOW West delivers in Santa Monica, Venice, Marina del Rey, Malibu, Pacific Palisades zip codes  
90272, 90291, 90292, 90312, 90401, 90402, 90403, 90404, 90405, 90406

Call Angel to enroll 310 394-5133 x1 email: [clientservices@MealsonWheelsWest.org](mailto:clientservices@MealsonWheelsWest.org)

MOW West LA delivers in West LA, Westwood, Sawtelle, Palms, Brentwood zip codes  
90024, 90025, 90034, 90049, 90064, 90073, 90077

Call Meals on Wheels West LA 310 208-4028 email: [MealsonWheelsWLA@gmail.com](mailto:MealsonWheelsWLA@gmail.com)

*"I have diabetes and can't cook right. With Meals on Wheels I'm eating healthy. It really helps."*  
... Stan Nelson, US Airforce veteran

Our Delivering More Than a Meal program delivers healthy meals to veterans' door

- Our daily Wellness Check monitors and improves health and wellness
- We deliver a hot, nutritious lunch and a light dinner Monday – Friday
- Special meals for diabetics, kidney patients and other special diets are provided
- Referrals are made to other social service programs
- Veterans of all ages are eligible

