A number of options are available for seniors who are unable to cook, shop or prepare meals at home. All phone numbers are area code 845 unless otherwise noted. Not all options are accessible county-wide.

Dutchess County Office for the Aging Home Delivered Meals
A hot midday meal to most locations is available Monday through Friday. Frozen and shelf-stable meals are available for other days. Menus are approved by a Registered Dietitian, and clients receive a complete assessment as well as ongoing nutrition education and counseling, if desired. For information call (845) 486-2555. There is a small suggested donation - but nobody will be turned away because of an inability to pay.

Meals On Wheels
Several “Meals on Wheels” organizations operate in Dutchess County. Days of service and fees vary for each organization. Contact them directly at:

Hyde Park (and Village of Rhinebeck) – 229-5896 or www.mealsonwheelsofhp.org
Poughkeepsie – 452-2245 or www.mealsonwheelsofgp.com
Millbrook (and Verbank) – 677-3485
Wappingers Falls – 297-2800

Private Meal Companies
These commercial services provide several meal delivery options, at a higher cost:

Schwans: 888-SCHWANS or www.schwans.com

Grocery Shopping Services (Limited Delivery Areas)
For those who are able to cook but are not able to drive, Stop and Shop offers Peapod (www.peapod.com), a food delivery service where customers order online and their order is delivered. The fee is $6.95 for orders over $100 and $9.95 for orders between $50 and $100. The company offers $1 off the delivery fee if payment is made by automated checking account withdrawal, and another $1 off certain delivery times, meaning that delivery can be as low as $4.95.

Shoprite From Home (www.shoprite.com) allows you to place an order and pick it up or have it delivered. The fee is $10 plus $6.95 for the delivery. For orders over $100, the $10 fee is waived.

Peck’s Food Market (518-398-6622) delivers for a fee within Pine Plains only.

Dutchess County Office for the Aging
(845) 486-2555 or toll free at (866) 486-2555
www.dutchessny.gov/aging
Email: ofa@dutchessny.gov
Dutchess County Office for the Aging Services

Senior Friendship Centers
Home Delivered Meals
Nutrition Education
Summer Senior Picnics
Nutrition Counseling
Caregiver Support
NY Connects
Case Management
Nursing Home Information
Benefit & Entitlement Counseling
Information, Referral & Advocacy
Nutrition Counseling & Assistance
Legal Assistance
Housing Information
Home Energy Assistance
Senior I.D. Cards
Medical Transportation
Volunteer Opportunities
Brain Games
Physical & Mental Fitness Programs
Grandparents Raising Grandchildren Help
A Matter of Balance
Successful Aging presentations

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