
Home Meal Delivery

A number of options are available for seniors who are unable to cook, shop or prepare meals at home. 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 Thursday. 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 **486-2555**. There is a suggested donation.

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:

Poughkeepsie – 452-2245

Hyde Park – 229-5896

Millbrook – 677-3485

Wappingers Falls- 297-2800

Private Meal Companies

There are also private, commercial meal services that provide a wide array of meal options but are more costly. Examples of these include the following:

Schwans: Call 1-888-SCHWANS, or visit: www.schwans.com.

Dinners for You: Call 800-741-4827 or visit: www.HomeCookingForYou.com.

Mom's Meals: Call 866-204-6111 or visit www.momsmeals.com.

Grocery Shopping Services

For those who are able to cook but are not able to drive, Stop and Shop offers **Peapod**, 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. For more information on Peapod, visit www.Peapod.com. This service is not available in all areas of Dutchess County.

Shoprite From Home allows customers to place an order and pick it up or have it delivered. The shopping fee is \$10 plus \$5.95 for the delivery. It can be accessed through www.shoprite.com. Like Peapod, the service area is limited.

Dutchess County Office for the Aging

(845) 486-2555 or toll free at (866) 486-2555

www.dutchessny.gov/countygov/departments/aging/agindex.htm