

WE ARE HERE!



Meals on Wheels San Francisco is Now Serving Seniors in Northern San Mateo County!



If you live in the cities of:

South San Francisco | Colma | Daly City | Brisbane | San Bruno and are 60 years of age or older, you may qualify to receive **FREE Home-Delivered Meals** from Meals on Wheels San Francisco.

Additional factors contributing to eligibility may include:

- Being homebound or needing help leaving your home
- Unable to prepare meals or shop for yourself
- A recent hospital stay or ongoing health problems
- Primarily living alone or with a caregiver



Find Out If You or a Loved One Qualify! Call: 415-920-1111, M-F, 8:30am-4:30pm.

Learn more at: MOWSF.org/get-started/