

## **APPLY FOR MEALS-ON-WHEELS DELIVERY**

Call 310-542-3434 or email us at  
info@tlmow.org

## **VOLUNTEER OPPORTUNITIES- COME JOIN US!**

- Commit to as little as 1.5 hours a week.
- Become a volunteer on a regular or substitute basis.
- Meal delivery time is scheduled from 11:30 AM to 1:00 PM Monday through Friday.
- Meals are delivered from our office at 3510 Maricopa Street in Torrance.
- On line application available at [www.tlmow.org](http://www.tlmow.org) or call 310-542-3434

## **SUPPORT US WITH A DONATION**

Your tax-deductible donation will help seniors and others to live at home, independently and with dignity.

Donate online at [www.tlmow.org](http://www.tlmow.org) or send your gift to:

**Torrance Lomita Meals on Wheels**  
3510 Maricopa Street  
Torrance, CA 90503  
310-542-3434

Monday through Friday  
9:00 AM to 2:30 PM

**Thank you for supporting  
Meals on Wheels**

## **TORRANCE - LOMITA**



**MEALS  
ON WHEELS**

A NON PROFIT COMMUNITY SERVICE



**Torrance-Lomita Meals On Wheels, Inc.**  
3510 Maricopa Street  
Torrance, California 90503

[www.tlmow.org](http://www.tlmow.org)  
(310) 542-3434

## OUR MISSION STATEMENT

To deliver nourishing meals to home bound residents of Torrance & Lomita who cannot prepare meals for themselves because of illness, disability or poor health.

## OUR ORGANIZATION

Serving Torrance and Lomita since 1973, Torrance-Lomita Meals on Wheels is a non-profit, community-based, volunteer organization that delivers low cost meals five days a week to the home bound, without regard to age, race, sex, religion, or income. We serve the handicapped, the aged, frail, recently hospitalized, and chronically ill who are unable to prepare their own meals. Today we service over 110 home bound residents. More than 50,000 meals are delivered each year by over 200 volunteers.

## OUR SERVICE

“More than just a meal”. Our friendly volunteers deliver a healthy nutritious hot lunch and a cold snack meal. They arrive between 11:30 & 1:30 PM, working in pairs to help ensure your safety and security. They check on the well-being of each client daily, bringing peace of mind to clients and their families. For many home bound clients, the Meals on Wheels teams are the only people they see during their day.

## SERVICE AREA

We serve within the following geographical boundaries: Anza Avenue on the west, Redondo Beach Boulevard on the north, Western Avenue on the east and Palos Verdes drive North on the south.

## OUR MEALS

Proper nutrition and consistent healthy eating play critical roles in healing, well being and independence. Our meals are nutritionally balanced, providing two-thirds of the Recommended Daily Requirement. We offer a varied menu made with fresh, flavorful ingredients. All our meals are low sodium, which helps prevent high blood pressure and enhances overall health. Special diets can be accommodated to a degree. Please consult your physician about your specific dietary needs.

## HOW TO APPLY

Telephone our office at 310-542-3434 between 9 AM and 2:30 PM Monday-Friday or email us at [info@tlmow.org](mailto:info@tlmow.org). An appointment will be scheduled for a home interview and evaluation. Qualified individuals will pay a nominal fee for the service, payable monthly in advance. Minimum service is for two weeks.

