How Can I Help?

The Meals On Wheels Program would not be possible without the dedication of volunteers. If you are interested in volunteering to become a driver call (805) 583-6042 to speak to the Meals On Wheels Coordinator.

Continued community support is also needed to make this program possible. Tax-deductible donations may be sent to:

Simi Valley Council On Aging
Meals On Wheels Program
3900 Avenida Simi
Simi Valley, CA 93063

If you would like to make a contribution by credit card, please call the Senior Center. (805) 583-6363
How the Program Got Started

The Meals On Wheels Program was created in October 1974 in response to a request from a senior. As a result of that request, presently over 3,000 meals are delivered each month to homebound seniors in the City of Simi Valley.

What is the Food Like?

The meals are prepared at the Simi Valley Senior Center, and the menu is set by a registered dietician to ensure that the meals are balanced to meet the nutritional requirements of the Federal Older Americans Act. The entrees are varied, and all meals include whole grain bread, butter, fruit, mixed green salad, an 8 oz. serving of low fat milk, and either yogurt or cheese. In addition, all meals are low in sodium and fat.

Who Can Receive Meals?

Seniors 60 years and older who are homebound, unable to cook for themselves and who have no one to cook for them, are eligible for the Meals On Wheels program. Elderly spouses who care for eligible seniors may also receive meals. Depending on the need, home delivered meals can be delivered on a short or long-term basis. Seniors who are permanently disabled or are very frail may receive meals on an ongoing basis.

How and When are the Meals Delivered?

The meals are delivered between 10:30 a.m. and 1:30 p.m. by one of our caring volunteer Meals On Wheels drivers. The daily delivery of a hot meal, combined with someone stopping by to check on their welfare, helps many seniors remain independent in their own homes.

How Much Does it Cost?

The Meals On Wheels Program is provided to eligible seniors for a suggested donation of $3.50 per meal to help offset program costs. No one is denied service because of their inability to donate. Donations from recipients are necessary to help fund the program and supplement the cost of delivering the meals. Recipient contributions, community donations, funds raised by the Simi Valley Council On Aging, and Older Americans Act grant funds support the program.

How Do I Apply to Receive Meals?

For information or to receive an application for the Meals On Wheels Program call (805) 583-6042. Fill out the application and mail it back to the address provided. Once your application is received, the Meals On Wheels Coordinator will contact you. If you meet the eligibility criteria, meal delivery can usually begin within 2-5 business days.

Occasionally an eligible applicant may need to be placed on a waiting list until an opening becomes available.