

Want to Help?

Want to share your caring heart with others? Come and deliver more than a meal to a client in need through Meals on Wheels.

Contact the
Volunteer Department of
REAL Services at
(574) 284-7138,
(574) 284-7150,
or visit our website
www.REALservices.org.



Donations are gratefully accepted and are vital to serving the needs of those less fortunate in our community. You can choose to make a monetary donation or donate your old car.

Who We Are

The Meals on Wheels program delivers more than just a meal. For those clients who are homebound, the volunteers deliver a connection to the community. The meal provides nourishment, helping the client to remain strong, helping to reduce hospital stays and promotes faster healing. For the client's family the program delivers peace of mind knowing their loved ones will receive a good meal, be contacted and a wellness check provided.

REAL Services
Meals on Wheels
121 W. Garst St.
P.O. Box 1835
South Bend, IN 46601



The ultimate objective of REAL Services is to assist in establishing a community in which those we serve can maintain their independence to the maximum degree possible and find meaning and satisfaction throughout their lives.

REAL Services, believing in the dignity of all people, will provide services without regard to race, age, color, religion, sex, disability, national origin, ancestry, or status as a veteran.



Meals On Wheels



Supporting Independence for Life

What We Do

Meals on Wheels delivers nutritionally balanced meals to homebound persons 60 years of age or older who are unable to prepare their own meals.

Clients may receive one or two meals per day Monday through Friday (or any combination of days) delivered by dedicated Volunteers. One meal consists of a Hot Meal for Lunch. Two meal clients receive the Hot Meal and a Cold Evening Meal. Accommodations may be made for weekend meals.

Diet Specific

Meals are diet specific and may accommodate allergies specific to client needs.

Diets include:

- Regular
- Diabetic
- Lactose
- No Salt Added
- Puree
- Low Fat/Low Cholesterol
- Mechanical soft
- Vegetarian
- Renal

Meals are prepared at the Regional Kitchen for Independent Living in South Bend. Meals on Wheels will do its best to accommodate special needs.

More Info

Clients may pay privately (\$6.50) for meals or if eligible may receive financial assistance through Title III, CHOICE, SSBG or other funding sources. EBT (Food Stamps) are accepted.

Those seeking more information should call (574) 256-1649 Monday through Friday, 8 a.m. - 3 p.m. An application and physician's order will be required before meal services begins.