



## More than a meal

With community partners, we offer delicious, healthy meal options that are available in many ways statewide. You can choose from our menu of services for satisfying, home-style meals without all the work. And, with every LSS Meals purchase, you are supporting a local nonprofit.

Each recipe is developed by a registered dietician and carefully portioned with a balance of proteins, carbohydrates and spices to meet dietary needs and taste great.

Adjusted meals are available for those who are diabetic or require a controlled sodium, low fat or low cholesterol diet.

LSS Meals are perfect for individuals and families who want to try something new and convenient, and older adults who may find it challenging to cook and are looking to connect with others.



### CONTACT US TODAY

to get started

**800.488.4146**

email us at: [meals@lssmn.org](mailto:meals@lssmn.org)



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[www.lssmn.org/meals](http://www.lssmn.org/meals)



## LSS Meals

Offering delicious, healthy meal options throughout Minnesota.

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## Menu of Services

### LSS Bistro

At community dining locations we offer well balanced, great-tasting hot meals daily in a friendly, community atmosphere. Meals include milk and dessert, and are served daily around the noon hour. Hot and frozen meals are available to go, and information about community services and resources are provided onsite.

### Catering

We partner with organizations such as schools and daycare centers to deliver healthy meals. Other catering options vary by location.

### Diner's Clubs

Local restaurants offer hot meals for older adults (60+) throughout the day or over the lunch hour without reservations.

### Friends in the Kitchen

Fun, monthly cooking classes for adults 55+ in Bagley, Bemidji, St. Peter and Winsted. Recipes are simple, freezer-ready, shareable and affordable. View our LSS Meals Facebook page for event details.

### LSS Meals on Wheels

Volunteers deliver fresh, hot meals and a safety check to those who may be unable to leave their homes. We can also provide meals for weekends.

### LSS Meals to Go

A new, convenient and affordable frozen meal shipment service that is now available to anyone in Minnesota. View the menu, choose your 14 meals and place an order online.

## Payment Details

Everyone is welcome to join us at any location to purchase a meal. Adults aged 60+ and their spouses of any age are eligible to receive reduced meal pricing. We request a contribution for each meal to help cover costs, but no one is denied service because of inability to pay. Monthly menus are posted at local sites and on the LSS Meals Facebook page.

Payments may be made by individuals, or through the Alternative Care Program, Elderly Waiver, Community Access for Disability Inclusion Waiver (CADI) and other programs issued through the county for those who qualify. Site sponsorships are always welcome!



## Get Started or Become a Volunteer

Find locations near you, sign up for meals, learn about volunteering with LSS Meals and purchase gift cards at [www.lssmn.org/meals](http://www.lssmn.org/meals).

Call

800.488.4146

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