



## Meal Delivery Program

Meals on Wheels of Albuquerque is the only home delivered meals program in Albuquerque delivering eight medically tailored meal options. We provide a lifeline of nutritional meals, wellness checks, and friendship. We will serve over 173,500 meals to 2,000+ community members in 2023, and operate with zero waitlist. Many community members receiving meals live with chronic health conditions like heart disease, kidney failure, and diabetes, which puts them at even higher risk of severe or fatal COVID-related illness. We offer eight different meal types:

- Regular
- Heart Healthy
- Diabetic
- Renal/Dialysis
- Vegetarian
- Three Textured Options

A dietician reviews our meals to make sure they are in line with the needs of our clients.

Caring individuals deliver meals between 10:30am and 1:30pm, Monday – Friday. The volunteer drops off the meal, provides a friendly face and a wellness check. This provides peace of mind for families and emotional support to the client. We have no age, income, or health requirements to sign up for our home delivered meals program. We offer both long and short term services.

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## Details

**Ages:** All ages

**Intake Process:** Call Online Application

**Documentation:** No identification needed

**Payment Options:** Free Sliding scale

**Special Needs:** Veterans

**Waiting List:** Never

**Contact:** Adriane Baker, Client Services Coordinator

**Contact Email:** [clients2@mow-nm.org](mailto:clients2@mow-nm.org)

**Restrictions:** Client must be home between 10:00 - 1:30 on meal delivery days to receive their meal.

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## Services

Food Older Adults Disabilities and Health Concerns

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## Locations

## Offices

5901 Harper Drive NE  
Albuquerque, NM 87109

**Mailing:**

PO Box 92614  
Albuquerque, NM 87109

**Phone:** (505) 823-8063

**Services Limited By Geography:** 1

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5901 Harper Dr. NE  
Albuquerque, NM 87109

**Mailing:**

P.O. Box 92614  
Albuquerque, NM 87109

**Phone:** (505) 808-6325

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## Parent Organization

### Meals on Wheels New Mexico

Meals on Wheels New Mexico has been providing nutritious and affordable meals to our neighbors in need since 1972. Our mission: delivering healthy meals and friendship — neighbor to neighbor. With an incredible volunteer force 300 strong, we serve anyone of any age for any reason. By providing regular home meal delivery, we enable our community members facing food insecurity to stay well fed and safely in their homes.

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P.O. Box 92614  
Albuquerque, NM 87199

**Phone:** (505) 808-6325

**Fax:** (505) 823-8066

**Email:** [sfrost@mow-nm.org](mailto:sfrost@mow-nm.org)

**Primary Contact:** Shauna Frost

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**Type:** Nonprofit

**EIN:** 85-0307043

<http://www.mow-nm.org>