

# Home Delivered Meals

“You came into my life at the exact moment  
that I needed you. I had no one to turn to,  
the stress of a daughter that was ill - I was very depressed.  
You made a great difference in my life.” Client | Lawrence

**Community Servings** is a free food and nutrition program that provides medically-appropriate meals and nutritional assistance for people with acute life-threatening illnesses, their dependents, and their caregivers in Eastern Massachusetts. Each day, we prepare, package and deliver lunch, dinner and a snack for individuals and families across 200 square miles and we provide clients and their families with important nutritional guidance during a critical time of their illness.

## HIGHLIGHTS

- Community Servings offers 25 different medically-appropriate diets tailored to your dietary requirements, such as diabetic, renal or low vitamin K.
- We deliver weekly to 17 communities. We currently serve: Boston, Braintree, Brockton, Cambridge, Chelsea, Everett, Lawrence, Lowell, Lynn, Malden, Medford, Quincy, Randolph, Revere, Somerville, Weymouth, and Winthrop. For clients who live outside of our delivery area, we offer the option of picking up meals from our facility in Jamaica Plain or several other sites.
- We provide meals to eligible individuals, their dependents, and one adult caregiver.
- Our nutrition staff assesses clients for their nutrition needs and can provide individual nutrition counseling.
- Nutrition classes are offered to clients and family members.
- If eligible, you could also receive nutrition supplements and nausea-care packages to support your nutrition needs.

## ELIGIBILITY

Community Servings serves clients who are at a life-threatening stage of a critical illness and are experiencing mobility issues, as documented by the client's doctor. Our clients are coping with over 35 different illnesses including HIV/AIDS, cancer, lung disease, multiple sclerosis, lupus, renal disease and diabetes. The majority of our clients live below the poverty level, but income level is not used to determine eligibility.



**COMMUNITY  
SERVINGS**  
DELIVERING MEALS  
DELIVERING HOPE

You can download an  
application at [www.servings.org](http://www.servings.org)  
or contact us at 617.522.7777