



**COUNTY OF BERGEN**  
**DEPARTMENT OF HUMAN SERVICES**  
**DIVISION OF DISABILITY SERVICES**

*Providing Programs and Services for Over 40 Years*

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**MEALS-ON-WHEELS PROGRAM**

**OVERVIEW**

The Bergen County Department of Human Services, Division of Disability Services provides a balanced meal, five days a week, to eligible individuals with disabilities, ages 18 to 59. Meals can be obtained through the ***Disabled Meals-on-Wheels Program*** (DMOW) if you are:

***Homebound or unable to shop and/or prepare a nutritious meal for oneself (regular diet). Individuals must be residents of Bergen County and cannot receive home health care for more than 4 hours per day or be enrolled with Medicaid Managed Long Term Support Services (MLTSS) or Personal Preference Program (PPP).***

There is no fee for the meals; however, a donation of \$1.25 for each meal is suggested.

**Disabled Meals-on-Wheels** (DMOW) aims to help those with disabilities maintain their independence in the community and in many cases prevents them from being forced to enter a supervised residential facility. In addition to helping individuals remain independent, our program seeks to improve the consumer's overall living conditions through referrals to agencies and self-help organizations. Our office has the unique opportunity to service a population of individuals who in many cases are isolated from their outside environment. We work to eliminate this **isolation** by connecting our consumers to other agencies.

The program assists adults with **permanent or temporary disabilities**, either through **physical, mental, or emotional causes**. Each case is reviewed on the basis of a person's living conditions, contact with friends and family, ability to obtain food, cooking facilities, abilities to plan and prepare meals, and other factors involved in meal preparation.

**You can request the service by contacting:**

**Phone:** (201)-336-7383 **TTY:** (201)-336-6505