

## Additional Services

### Emergency Meals:

Each fall, you will be given a shelf-stable meal that can be stored in your pantry. Save this meal in case bad weather or other emergency keeps us from bringing your meals.



### “Nutrition Matters”:

Your driver will bring you this newsletter with nutrition tips and health information four times a year.



### Questions or problems?



Please contact your Care Manager

Name:

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Phone Number:

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Space for Magnet

**PCA**  
**Home-delivered**  
**Meal**



PCA Meal Distribution Center

### Consumer Information

*We are pleased to be able to serve you. Your meals have been specially prepared to meet PCA's high standards for food quality and safety.*

This pamphlet contains important information about your meal service.



PHILADELPHIA CORPORATION FOR AGING  
*Enriching lives, preserving dignity.™*

642 North Broad Street  
Philadelphia, PA 19130

**PCA Helpline 215-765-9040**

## *Your Meal Delivery- What you need to know:*

- 🕒 Meals are normally delivered between 9 a.m. and 4 p.m.
- 🕒 Frozen meals are delivered once a week, usually on the same day every week.
- 🕒 Hot meals are delivered Monday through Friday. Sandwich meals are usually delivered on Friday.
- 🕒 Someone must be home to accept your meal delivery. Your driver **CANNOT** leave your meals at the door or anywhere else.
- 🕒 If you know you will not be home for your delivery, please call your Care Manager ahead of time to cancel your meals or see if an alternate arrangement can be made.



**Some of PCA's Meal Delivery Staff**

## *Keeping Your Meals Safe*

**Frozen Meals: KEEP FROZEN UNTIL READY TO EAT.** To heat meal, follow directions on label.

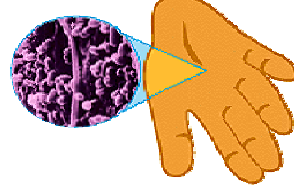
Meals can be heated in an oven or a microwave-**DO NOT USE A TOASTER OVEN**-this could start a fire.

**Hot Meals:** Eat as soon as possible and while meal is still hot.

**Sandwich Meals:** Refrigerate until ready to eat.

**Leftovers:** Refrigerate right away.

**Date on label:** Tells when your meal was made. If meals are kept frozen, they will stay safe to eat for several months after this date.



*Remember to wash your hands before eating!*

## *Other Information*

**Meal Drivers:** PCA delivery staff all wear a standard uniform and hat and carry a PCA ID badge.

**Never open your door unless you are sure who is there.** Our drivers are happy to show you their identification, so please feel free to ask to see it.

**Holidays:** Meals will not be delivered on holidays. You will get a notice if your delivery day is going to be changed.

**Tips & Gifts:** Our drivers are not allowed to accept **ANY** tips or gifts from you. Please **DO NOT** try to give them anything.

**Contributions:** PCA welcomes donations towards the cost of your meals. If you would like to make a donation, please mail a check to PCA. Your driver cannot take it for you.

**Pet Policy:** Pets must be kept restrained or we may not be able to deliver meals to you.