



For More Information Contact:

**The Support Coordinators –
Aging Services Staff
(540) 825-3100
or
The Senior Center in your
County:**

**Culpeper County Senior Center
(540) 825-5778**

**Fauquier County Senior Center
(540) 347-7729**

**Madison County Senior Center
(540) 948-4131**

**Orange County Senior Center
(540) 672-5926**

**Rappahannock County Senior Ctr.
(540) 987-3638**



**Rappahannock Rapidan
Community Services**

**P.O. Box 1568
Culpeper, VA 22701**

Rappahannock Rapidan
Community Services
(RRCS)

Home Delivered Meals Program

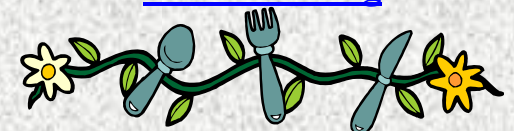


**Rappahannock Rapidan
Community Services**

Programs that matter. People who care.

**PO Box 1568
15361 Bradford Road
Culpeper, VA 22701
(540) 825-3100**

www.rrcsb.org





Our Mission for our Home Delivered Meals Program is to support the independence and well-being of our older adults in the counties of Culpeper, Fauquier, Madison, Orange, and Rappahannock.

RRCS's Home Delivered Meals Program provides nutritious, frozen meals to senior citizens in our region who are unable to leave their homes due to illness, disability or frailty and have no assistance preparing meals.

Our meals are developed and based on guidelines from the Virginia Department for Aging and Rehabilitative Services (DARS). These meals are low in sugar and salt to accommodate individuals with special diets.



To receive meal delivery you must. . .

- Be homebound
- Be 60 years or older
- Be unable to participate at a senior center
- Remain safely in your home with meals as a support service
- Be unable to prepare or obtain adequate meals
- Complete an assessment with RRCS Support Coordinator Staff
- Agree to be home when meals are delivered or call if you're not going to be there.

RRCS does not discriminate on the basis of race, color, national origin, sex, religion, age, disability, or any other characteristic protected by law, in employment matters and in its programs and services.



We appreciate and accept donations for our Home Delivered Meals Programs. A donation envelope is given to individuals at time of delivery.

***Contact RRCS if your status changes or you no longer qualify.
540-825-3100***

A portion of our funding for the Home Delivered Meals Program is sponsored by the Piedmont United Way.

