



301 Louis Street
Kingsport, TN 37660
423-247-4511



Meals on Wheels of Kingsport, Inc.

301 Louis Street, Suite 201
Kingsport, TN 37660

Address Correction Requested

Return Address

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Kingsport, TN 37660



History

In 1972, three Kingsport women approached churches and other community groups to generate interest in coordinating a program to cook and deliver meals to impaired Kingsport residents.

- Waverly Road Presbyterian Church donated the use of its kitchen facilities in 1974.
- A second kitchen was added in 1985. This kitchen was relocated to First Presbyterian Church in 2001.
- At first, meals were delivered only twice a week. Today, over 220 meals are prepared each weekday.

Volunteers

Approximately 500 people volunteer their time and effort to keep Meals on Wheels moving. Each volunteer is a critical asset to the program. Truly, these are neighbors helping neighbors.

- About 340 people participate as drivers. Many working volunteers use their lunchtime to deliver meals. Drivers deliver as little as once a quarter or as frequently as once a week.
- Around 160 people help by preparing the meals. Most cooking teams prepare meals once a month.
- Each kitchen has a head cook to coordinate cooking teams.
- A delivery chairman at each kitchen facilitates the daily distribution of meals to the drivers.
- Pantries at both kitchens are stocked by volunteers who order food and load shelves.
- Applications to receive meals are screened by volunteers.
- A board of 18 officers and directors meet regularly throughout the year to oversee the implementation of Meals on Wheels of Kingsport, Inc.

Recipients

Eligibility for receiving meals is based on the individual's incapacity to mentally or physically prepare a nutritious meal.

- Application forms are available from United Way.
- When a completed application, which includes a doctor's recommendation, is received, a home visit is made.
- Applicants will not be accepted if there is someone in the home who can provide at least one hot meal a day.
- New recipients should geographically be within one mile of a current route.
- No special diets can be honored except those that are sugar restricted.
- Recipients are not required to pay for meals, but donations are accepted.

Delivery

The Meals on Wheels of Kingsport, Inc. program covers nearly all of the different neighborhoods of Kingsport, extending outside the city limits into the Bloomingdale area.

- An average of 15 to 20 meals are delivered on each of 13 different routes around the city.
- On Thanksgiving and Christmas, meals are prepared and delivered by volunteer teams to regular recipients who are alone on these holidays.

Funding

The primary source of funding for Meals on Wheels of Kingsport, Inc. is through the United Way of Greater Kingsport. Other sources of income include:

- Donations from recipients, individual supporters, businesses, churches, and civic clubs;
- Distributions from an endowment fund;
- A small government grant.

Nearly 95% of funds are spent directly on services to recipients.

For more information, complete this form, tear off, affix postage and mail.

NAME _____

ADDRESS _____

CITY, STATE, ZIP _____

PHONE DAY _____

EVENING _____

I would like to have a representative contact me about receiving meals.

I would like to tour a kitchen.

I would like to cook.

I would like to deliver.

I would like to make a monetary donation.



United Way of
Greater Kingsport