



Together, we can deliver!

Founded in 1984 and powered by dedicated staff & volunteers, we deliver a comprehensive healthcare solution to seniors over 60 that begins with a meal delivery.

We provide seniors with independence and well-being, as well as the additional benefits of social connections, safety checks, and friendly visits.

Eligibility for all programs will be determined by our Social Work Department through a telephone screening and assessment process.

Five days a week, volunteers help with our activities, which include delivering meals to clients, checking on their well-being, and sharing information on additional programs and services.

Programs & Services

- Claris Companion Tablet Program
- Companion Pet Program
- Cost Share Program
- Emergency Meal Program
- Grocery Shopping Assistance Program
- Home-Delivered Meal Program
- Nourish Now Program
- Volunteer Program

Contact Us:

Social Work Department: 954.714.6946

Main Number: 954.731.8770

Website: mowsoflo.org