



Sign Up Today!

Greater Spokane County Meals on Wheels provides meals for senior 60+ who live in Spokane County. Hot nutritious meals are created each morning in our kitchen and delivered Monday through Friday between 10 a.m. and 2 p.m. with frozen meals delivered for the weekend.

The cost of each meal is \$5.00. Participants are asked to contribute what they can to the cost of the meal. If they are unable to contribute anything, that's okay with us. Our mission is to make sure no senior goes hungry.

Complete the form below and a GSC Meals on Wheels staff member will call you to review the recipient's eligibility in the program and discuss our home-delivery program. You can also call us directly Monday thru Friday between 8:30 – 4 p.m. at (509) 924-6976

REQUESTOR INFORMATION

Your First Name:

Your Last Name:

Your Phone Number:

Your Email:

Your Relationship to Client/Recipient:

PARTICIPANT INFORMATION

First Name:

Last Name:

Phone:

City:

State:

Zip:

Primary Language (if other than English):

Does the participant know meals are being requested?

Does the participant have a Medicaid / COPES case manager?

Please email to info@gscmealsonwheels

Or mail to:

GSC Meals on Wheels

12101 E. Sprague Ave

Spokane Valley, WA 99206