

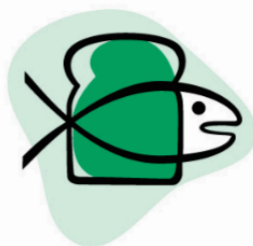


## Meals on Wheels

In partnership with the City of Gilroy, we are helping seniors access nutritious food, maintain health and independence in their homes, and reduce social isolation.

These critical, ongoing services support Gilroy residents by providing healthy meals and wellness checks.

If you or someone you know is interested in receiving Meals on Wheels, please contact us at **408-961-9870**.



**LOAVES & FISHES**  
FAMILY KITCHEN

## What We Do

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### Nutritious Meals

Every meal provides one-third of the Recommended Daily Allowance (RDA) for adult nutritional needs.

Frozen meals are delivered Monday through Friday between 9:00AM and 3:30PM.

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### Wellness Checks

Our drivers deliver the meals, perform wellness checks, and provide resources and referrals.

## Loaves & Fishes Family Kitchen

1500 Berger Driver  
San Jose, CA 95112  
408-922-9085

Visit [loavesfishes.org](https://loavesfishes.org) to get involved or donate.