

Home Delivered Meal Listing

Nutrition Project: Franklin County Senior Services Contact: ask for HDM Coordinator Phone: 618-937-3511 Referral e-mail: fc225@yahoo.com			
Geographic Area served:	Delivery days:	Type:	Additional information:
Franklin County	Monday through Friday	Hot Meals	There may be a waiting list

Nutrition Project: Gold Plate Program of Perry County Contact: ask for HDM Coordinator Phone: 618-542-3511 Referral e-mail: tasbury3471@yahoo.com			
Geographic Area served:	Delivery days:	Type:	Additional information:
Perry County	Monday through Friday	Hot Meals (some delivered frozen in rural areas)	There may be a waiting list

Nutrition Project: Golden Circle Senior Citizens Council Contact: ask for HDM Coordinator Phone: see additional information below Referral e-mail: see additional information below			
Geographic Area served:	Delivery days:	Type:	Additional information:
Gallatin	Monday through Friday	Hot Meals (some delivered frozen in rural areas)	Phone: 618-272-7570 Email: ridgwaygoldencircle@aol.com There may be a waiting list
Hardin	Monday through Friday	Hot Meals (some delivered frozen in rural areas)	Phone: 618-287-2501 Email: dogwood1@shawneelink.net There may be a waiting list
Pope	Monday through Friday	Hot Meals (some delivered frozen in rural areas)	Phone: 618-683-7741 Email: dogwood1@shawneelink.net There may be a waiting list
Saline	Monday through Friday	Hot Meals (some delivered frozen in rural areas)	Phone: 618-252-7940 Email: goldencirclesen@frontier.com There may be a waiting list

Nutrition Project: Senior Adult Services Contact: ask for HDM Coordinator Phone: 618-457-4151 Referral e-mail: senioradultservices@yahoo.com			
Geographic Area served:	Delivery days:	Type:	Additional information:
Jackson County	Monday through Friday	Hot Meals (some delivered frozen in rural areas)	There may be a waiting list

Nutrition Project: Southern Pride Senior Program Contact: ask for HDM Coordinator Phone: see additional information below Referral e-mail: see additional information below			
Geographic Area served:	Delivery days:	Type:	Additional information:
Alexander County	Monday through Friday	Hot Meals (some delivered frozen in rural areas)	Phone: 618-734-1050 Email: rcrossrob@yahoo.com There may be a waiting list
Johnson County	Monday through Friday	Hot Meals	Phone: 618-658-8140 Email: southernprideseniorprogram@gmail.com There may be a waiting list
Massac County	Monday through Friday	Hot Meals	Phone: 618-524-9755 Email: cynthiaconder@yahoo.com There may be a waiting list
Pulaski County	Monday through Friday	Hot Meals (some delivered frozen in rural areas)	Phone: 618-745-6149 Email: rcrossrob@yahoo.com There may be a waiting list
Union County	Monday through Friday	Hot Meals	Phone: 618-833-6734 Email: sunshineinn1975@yahoo.com There may be a waiting list

Nutrition Project: Williamson County Program on Aging Contact: ask for HDM Coordinator Phone: 618-988-1585 Referral e-mail: tdrew@wcpaherrin.net			
Geographic Area served:	Delivery days:	Type:	Additional information:
Williamson County	Monday through Friday	Hot Meals	There may be a waiting list