

Home-Delivered Meals Program



We help individuals navigating the aging process access nutritious food.

Thanks to the help of trained and dedicated volunteers, Pathlights delivers more than 54,000 nutritious meals each year to individuals age 60 and over who are either temporarily or permanently unable to manage meal preparation and access food. The home-delivered meal service doubles as a well-being check that is so important for everyone and especially individuals who experience social isolation.

To learn more call 708.361.0219
Visit www.pathlights.org



Pathlights

**Enriched by experience.
Empowered in life.**

Pathlights guides people along the path to aging in South & Southwest Suburban Cook County.

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