

Meal Preparation

Community Resources

→ Home Instead

Cheyenne Office: 307-201-2439

Casper Office: 307-224-4421

*provides direct in-home meal preparation

→ Synergy Home Care

Cheyenne Office: 307-426-4177

*provides direct in-home meal preparation

→ Senior Helpers

Cheyenne Office: 307-263-0080

*provides direct in-home meal preparation

→ Mel's Helping Hands

Casper Office: 307-262-4891

(Services Cheyenne and Casper)

*provides direct in-home meal preparation

→ Humble Horizon

Cheyenne Office: 307-426-4038

*provides direct in-home meal preparation

→ Mom's Meals

Cheyenne Office: 1-877-508-6667

*provides meal delivery to your door

→ **Meals on Wheels**

Cheyenne Office: 307-635-5542

*provides meal delivery to your door

→ **Homestyle Direct**

Cheyenne Office: 1-866-735-0921

*provides meal delivery to your door

→ **Wyoming Department of Health**

Cheyenne Office: 307-777-5048

*provides meals at community focal points or delivered meals to your door