Meals on Wheels

Fresh, Nutritious Meals Delivered to your Door

We're excited to bring convenient, healthy, and delicious meals directly to seniors and those in need within our community!

Our Meals Are:

- Freshly prepared and refrigerated for your convenience
- Mutritious, dietitian-approved recipes
- Easily heated with our Steamplicity program

Who Can Benefit?

- Seniors
- Those recovering from surgery or illness
- Individuals with limited mobility

When is the Program Starting?

- Orders will be taken the week of April 28, 2025
- First deliveries will occur the week of May 5, 2025

What is the Cost?

\$8.50 per meal

FOR MORE INFORMATION OR TO SIGN UP Call: 709-227-0003









Meals On Wheels Income Guideline

Vina Hutchinson-Farmer, Amanda Dagnino

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Your Guide to Healthy Living ,1998 Nutrition Needs of the Elderly United States. Congress. Senate. Committee on Agriculture, Nutrition, and Forestry. Subcommittee on Nutrition, 1981 The Comprehensive Guide to Social Security and Medicare Ken Stern, 1995 Pocket Guide to Essential Human Services Frederic G. Reamer, 2005 FoodReview .2000 Nutrition Training of Health Professionals United States. Congress. Senate. Committee on Agriculture, Nutrition, and Forestry. Subcommittee on Nutrition, 1980 **Hunger in the United States and Related** Issues United States. Congress. House. Committee on Agriculture. Subcommittee on Domestic Marketing, Consumer The Campaign Guide Conservative and Unionist Relations, and Nutrition, 1984 Medicare and Medicaid Guide, 1969 Central Office (Great Britain),1964 Consumer Training Guide for the Elderly ,1977 **Medical and Health Guide for People Over Fifty** Dartmouth Institute for Better Health, 1986 Social Work Practice with the Elderly Michael J. A Housing Guide for Senior Citizens ,2001 Food Organizer's Guide ,1983 This Holosko, Marvin D. Feit, 1996 publication is a community organization s guide to major food programs in California It will help interested community organizations get involved in the food distribution system Existing programs will find useful information on how to expand or supplement their program Guide to Official Statistics Great Britain. Central Statistical Office, 1990 How to Care for Aging Parents Virginia Morris, 2004-10-15 Thoroughly updated and expanded a compassionate single volume reference to the many emotional legal financial medical and logistical issues associated with caring for aging parents covers such areas as nursing homes finances finding a good doctor legal arrangements redefining parental relationships and handling emotional The Insiders' Guide to North Carolina's Central Coast and New Bern Vina challenges Original Hutchinson-Farmer, Amanda Dagnino, 2002-06 In this sweeping guide to North Carolina's beautiful coastal area readers will find history unspoiled beaches great weather plus complete travel and relocation information 7 maps 64 photos Becoming Involved in the Aging Network ,1991 Consumer Reports Complete Guide to Health Services for Seniors

Trudy Lieberman, 2000 Provides practical advice on paying for health care services finding long term care and paying for long term care **Digest of Public General Bills and Resolutions**, 1976

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