



## **Raising Awareness through “March for Meals” in Port Hope**

March 11th, 2019 (Port Hope)

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The month-long, county-wide “March for Meals” initiative run by Community Care Northumberland moved into the Port Hope area on March 8<sup>th</sup> with the help of Deputy Mayor Les Andrews.

With this initiative, CCN is promoting its Meals on Wheels program to the public and also wants to bring awareness for the need of volunteers to assist them in the delivery of this program. During the month of March, agencies across North America like CCN are celebrating the value of the Meals on Wheels programs.

Research shows that healthy eating provides essential energy and nutrients for general welfare and maintenance of health and functional autonomy, and reduces the risk of chronic diseases at older ages.

“The Meals on Wheels program provides access to well-balanced, affordable meals that are imperative to the independence and sustenance of isolated seniors and individuals with disabilities,” said Trish Baird – Executive Director of CCN. “We are hoping this initiative with help bring awareness about this program being available in the Municipality of Port Hope and also our need for additional Meals on Wheels volunteers.”

Deputy Mayor Les Andrews joined together with a CCN volunteer in Port Hope on March 8<sup>th</sup> to help deliver hot meals to local Meals on Wheels clients.



Pictured (L-R): Jack Pearson – CCN Driver, Michael Stevens – CCN Meals on Wheels volunteer, Deputy Mayor Les Andrews – Municipality of Port Hope, Sheri Birney – CCN Program Coordinator and Tim Kwan – CCN Meals on Wheels volunteer outside of Extencicare Port Hope.

In Port Hope, volunteers pick up the hot prepared Meals on Wheels insulated bags at Extencicare, located on Rose Glen Road and deliver them to clients on a pre-planned route during the noon hour. The pre-planned route of stops takes no longer than 1 hour. When the route is completed, the volunteers return the bags to Extencicare. Last year, with the help of local volunteers over 2,600 hot and frozen meals were delivered throughout the Port Hope area.

“I want to thank Deputy Mayor Andrews from the Municipality of Port Hope for joining us during our March for Meals initiative. His involvement will help us raise the profile of this program and our need for Meals on Wheels volunteers in the Port Hope,” she added.

For additional program information about Meals on Wheels visit [www.commcare.ca/mow.html](http://www.commcare.ca/mow.html) or to volunteer as a Meal on Wheels driver, please contact CCN’s Port Hope office at (905)885-9860 or email [porthope@commcare.ca](mailto:porthope@commcare.ca).

**Upcoming March for Meals Dates:**

- Cobourg – March 13<sup>th</sup>
- Campbellford – March 15<sup>th</sup>
- Grafton – March 19<sup>th</sup>

- Brighton – March 21<sup>st</sup>
- Cobourg – March 22<sup>nd</sup>
- Hastings – March 27<sup>th</sup>
- Colborne – March 28

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