



**March for Meals - Raising Awareness
Hot and Frozen Meals on Wheels Available in Alnwick-Halldimand**

March 20th, 2019 (Grafton)

The month-long, county-wide “March for Meals” initiative run by Community Care Northumberland moved into the Grafton area on March 19th with the help of Councillor Michael Filip.

With this initiative, CCN is promoting its hot and frozen Meals on Wheels program to the public. During the month of March, agencies across North America like CCN are celebrating the value of the Meals on Wheels programs.

Client Testimonial:

“I live on my own, cooking for just me was such a bother,” said a client. “I was living on tea and toast until I started getting Meals on Wheels. Now I get a great meal delivered to me by my sweet volunteer. She always cheers me up and I look forward to her visits.”

“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 will help bring awareness that our hot and frozen Meals on Wheels program is available to residents in the Alnwick-Halldimand Township.”

Councillor Michael Filip joined together with a CCN volunteer in Grafton on March 19th to help deliver hot meals to local Meals on Wheels clients.



Pictured: Jule Rusaw- Black Dress Catering, Councillor Michael Filip from Township of Alnwick-Haldimand, Donna Rusaw - Black Dress Catering, Coby and Jim - Meals on Wheels volunteers and Maretta Riley - CCN's program assistant in Colborne.

Volunteers pick up the hot prepared Meals on Wheels insulated bags at the old United Church in Colborne, located at the corner of Lyle and Percy Street and deliver them to clients on a pre-planned route into Grafton 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 our Colborne program office. Last year, with the help of local volunteers over 1,759 hot and frozen meals were delivered throughout the Alnwick-Haldimand and Colborne area.

“I want to thank Councillor Filip from Township of Alnwick-Haldimand for joining us during our March for Meals initiative. His involvement will help us raise the profile of this program and if you know someone who would benefit from receiving Meals on Wheels, we urge you to have them call us for more details.”

Hot meals are prepared by Black Dress Catering and are \$6.00 each. They include an entrée, vegetable and side, soup or salad, bread and dessert. Frozen meals are available for \$5.75 each and there are many options suitable for dietary needs.

For additional program information about Meals on Wheels visit www.commcare.ca/mow.html, please contact CCN's Colborne office at (905)355-2989 or email colborne@commcare.ca .

Upcoming March for Meals Dates:

- Brighton – March 21
- Cobourg – March 22
- Hastings – March 27
- Colborne – March 28
- Campbellford – March 29
- Grafton – April 9th

Media contacts:

Alicia Vandine
Regional Community Relations Coordinator
Community Care Northumberland
Phone: (705)653-0955
Email: a.vandine@commcare.ca

Trish Baird
Executive Director
Community Care Northumberland
Phone: (866)514-5774
Email: t.baird@commcare.ca



“Giving Strength Through Caring”

www.commcare.ca