



**March for Meals - Raising Awareness  
Hot and Frozen Meals on Wheels Being Available in Brighton**

March 14th, 2019 (Brighton)

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The month-long, county-wide "March for Meals" initiative run by Community Care Northumberland moved into the Brighton area on March 21<sup>st</sup>, with the help of Deputy Mayor Laura Vink.

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 Municipality of Brighton."

Deputy Mayor Laura Vink joined together with a CCN volunteer in Brighton on March 21<sup>st</sup> to help deliver hot meals to local Meals on Wheels clients.

Volunteers pick up the hot prepared Meals on Wheels insulated bags at Trinity St. Paul's United Church in Brighton located at the corner of Prince Edward and Chapel streets, and deliver them to clients on a pre-planned route within the Municipality of Brighton 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 the church. Last year, with the help of local volunteers over 4,889 hot and frozen meals were delivered throughout the Brighton area.

“I want to thank Deputy Mayor Laura Vink from the Municipality of Brighton for joining us during our March for Meals initiative. Her 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 CCN’s professional cook along with help from a volunteer crew 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](http://www.commcare.ca/mow.html), please contact CCN’s Brighton office at (613)475-4190 or email [brighton@commcare.ca](mailto:brighton@commcare.ca).

**Upcoming March for Meals Dates:**

- Cobourg – March 22
- Hastings – March 27
- Colborne – March 28
- Campbellford – March 29

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