



**March for Meals - Raising Awareness  
Hot and Frozen Meals on Wheels Are Available in Trent Hills**

March 29th, 2019 (Campbellford)

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The month-long, county-wide "March for Meals" initiative run by Community Care Northumberland moved into the Campbellford area on March 29<sup>th</sup>.

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 Trent Hills."

Volunteers pick up the hot prepared Meals on Wheels insulated bags at Sharpe's Food Market in Campbellford, and deliver them to clients on a pre-planned route within the Municipality of Trent Hills 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 Sharpe's. Last year, with the help of local volunteers over 7,266 hot and frozen meals were delivered throughout the Municipality of Trent Hills.

Hot meals are prepared by Sharpe's Food Market, Mondays to Fridays 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 residents in Hastings, hot meals are available on Wednesdays and are prepared by Banjos Grill.

For additional program information about Meals on Wheels visit [www.commcare.ca/mow.html](http://www.commcare.ca/mow.html), please contact CCN's Campbellford office at (705)653-1411 or email [campbellford@commcare.ca](mailto:campbellford@commcare.ca)

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