



EST. 1973

Meals on Wheels

in GREATER NEW BRUNSWICK

September 2014

Meals on Wheels would like to thank everyone who donated to our silent auction at our Annual Wine Tasting Fundraiser on May 15, 2014.

- Hyatt Regency
- Harvest Moon Brewery
- The Frog and the Peach
- Old Bay Restaurant
- Steakhouse 95 in New Brunswick
- Rutgers Club
- George St. Playhouse
- State Theatre
- Old Man Rafferty's
- Sahara Restaurant
- Sophie's Bistro
- Thomas Sweets
- RWJ Fitness Center
- All Season Sport of Iselin
- Panico's
- Somerset Diner
- Marifiki Fair Trade in Metuchen
- Brothers Floor & Carpet in Hackensack
- Somerset patriots
- Over the Moon Toys
- Field and Feather in Sparta
- Wegmans in Woodbridge
- Home Depot in West Windsor
- Pet Smart in Monmouth Junction
- Target in Monmouth Junction
- Elizabeth Ross Antiques in Point Pleasant
- Bill Bliss
- Peggy Cox
- Linell Griffin
- Tim Naumovitz
- Joe Skarzynski
- Bill Volpe

Harvesting Nutrition with Meals on Wheels

by Mehreen Ismail

Plump blueberries, fuzzy peaches, bright yellow grape tomatoes. These New Jersey-grown offerings along with other fresh fruits and vegetables could be found in most MOWGNB clients' homes this summer. Thanks to a partnership between MOWGNB, Rutgers Cooperative Extension, and the New Brunswick Community Farmers' Market (NBCFM), all clients had the opportunity to receive four bags of fresh produce between June and August 2014.

Each bag of produce, which clients received every other Thursday, contained roughly \$7 worth of fresh fruits and vegetables. NBCFM covered most produce costs. Thirteen clients, however, used Senior Farmers' Market Nutrition Program vouchers obtained through the Middlesex County Office on Aging and Disabled Services.

Overall, the program was well-received and successful. Upon learning about it, many MOWGNB volunteers reacted positively to the program. Preliminary results from a Rutgers program evaluation show that all 17 interviewees would participate in the program again if available. Below are some words of praise for the program directly from clients.



Mehreen Ismail, UC Berkeley intern, (pictured above) and Cara Cuite, Rutgers associate research professor, prepared the produce bags.



NBCFM intern Roslyn Dvorin and former market manager Carolina Mueller (left to right) packaging produce in farmer's truck

"I like all fruits and vegetables; I am a happy camper when I have that in my home. - MOWGNB client, age 62

"[The program] did increase ... [my intake of] vegetables and fruit during the time I received these ... It was excellent.... Having these things fresh ... was a delight."

- MOWGNB client, age 74