



EST. 1973
Meals on Wheels
in GREATER NEW BRUNSWICK



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November 2019

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Dear Friend,

Joseph is one of many seniors we serve. He is a widower, lives on his own and is unable to shop or cook for himself. He has been a meal recipient for over 10 years which has allowed him to maintain his independence at home.

Since 1973, Meals on Wheels has been supporting our neighbors in New Brunswick, Highland Park and North Brunswick. Our 100 volunteers provide a hot lunch and cold boxed supper five days a week, 52 weeks a year.

This year we will deliver 31,000 meals. In addition, in the summer, clients receive bi-weekly deliveries of fresh produce. In advance of inclement weather, we will also deliver 650 emergency meals. All meals are prepared under the supervision of a certified dietician. We provide consistent nutrition to the homebound elderly, which helps to maintain their health and prevents admission to nursing homes.

Volunteers also provide a smile and safety check. If a volunteer identifies an issue, the Meals on Wheels office will notify the client's primary contact immediately. Occasionally, emergency responders are called.

Most of our clients are unable to contribute to the cost of their meals, making your contribution critical. Government grants cover only 50% of our costs. To be able to consistently carry out our mission, we depend on your generous donation.

Any donation will be appreciated; for perspective, \$70 will provide nutritious meals to a homebound senior for five days. Many companies match contributions; if available to you, please follow your company's matching gift process.

Please use the enclosed envelope for your donation or you may make a gift online at mowgnb.org.

Thank you for your help in alleviating senior hunger.

Very truly yours,

Harriet S. Worobey, President