



Empowering you to live at home  
in the City and County of Peterborough



## Get a Meal, Give a Meal During March for Meals

January 28<sup>th</sup>, 2020

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Community Care Peterborough's Meals to Go fundraiser is once again offering the delivery of lunches every Wednesday during the month of March to offices and local businesses located within the City of Peterborough.



As part of its March for Meals awareness activities, Community Care Peterborough invites companies and small businesses to order lunches that will be delivered directly to their work space by its Meals on Wheels volunteers, on Wednesdays during the month of March. The lunches are being prepared at The Mount Community Centre's kitchen in partnership with The Community Training and Development Centre and the Meals to Go lunches are packaged neatly thanks to Sysco and Outpost Packaging.

This year's lunch menu includes a starter of a hearty homemade butternut squash soup, a choice between an Asian spinach & mango salad with roasted chicken breast, red pepper, red cabbage and carrot or Asian chicken wrap with roasted chicken breast, fresh arugula, sesame aioli mayo and zesty peach salsa as a main, and for dessert a slice of homemade apple spice cake with caramel drizzle (vegetarian and lactose free options available upon request) for \$10.00 per lunch.

Last year 40 different companies group ordered 482 lunches and donated almost \$3,000 in support of Community Care Peterborough's Meals on Wheels subsidy program.

"This year we are planning for 600 lunches to be ordered and hoping to raise \$4,000," said Iris Crowder –Client Services Coordinator, Community Care Peterborough. "The Meals to Go lunch is \$10 per person and for every additional \$10 donation, you can provide a meal for a senior who truly can't afford one for themselves."

Operating in Peterborough since 1964, the Meals on Wheels program is so much more than a meal. Meals on Wheels provides a social visit by a caring volunteer, a safety check for many who are isolated, and ensures that seniors can receive hot nutritional meals to help them remain healthy in their own homes. Sometimes, a Meals on Wheels volunteer may be the only

person a senior interacts with on a given day. Community Care Peterborough offers a Meals on Wheels subsidy program for clients who simply cannot afford regular meals. Last year, over 40 clients benefited from the subsidy program, receiving approximately 1,100 meals at no cost. The generosity and compassion of community members made that possible. Charitable tax receipts are available for donations of \$10 or more.

“The Meals on Wheels program that we provide to clients in the City and County of Peterborough truly empowers them to live independently and healthier at home,” said Danielle Belair, Executive Director for Community Care Peterborough. “We are seeing an increase in the need for this program and there is an increased demand on us to provide more subsidies for low income clients. The donations that we receive through this Meals on To Go fundraiser certainly help us to meet this growing need.”



Get a lunch, give a lunch during March for Meals with Community Care Peterborough’s Meals to Go fundraiser on Wednesdays during the month of March and make a donation to help provide a meal for a senior too.

Order forms can be found at [www.commcareptbo.org](http://www.commcareptbo.org) or by calling (705) 742-7067.

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### Community Supporters of the Meals to Go Fundraiser

