



Our mission is to assist individuals to live independently by providing nutrition and caring, supportive services.

All meals are served with 8 oz of 1% low-fat milk and one loaf of whole wheat bread.

811 23rd Avenue East, Bradenton, FL 34208  
(941) 747-4655 | MealsOnWheelsPLUS.org



|                                                                                                                                                                           | Tuesday                                                                                                                                                                                                                                                                                         | Wednesday                                                                                                                                                                                                                                                                                                 | Thursday                                                                                                                                                                                                                                                                                             | Friday                                                                                                                                                                                                                                                                                     |
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| <div><b>PET FOOD AVAILABLE</b><br/><br/>We can help with food for your pet—Dogs or cats—twice a month, free of charge! Please call for delivery schedule.<br/><br/></div> | <div><br/><br/>4<br/>Weekly Meal Delivery for Tuesday Clients<br/><b>Produce Day for Tuesday Clients</b></div> <div>11<br/>Weekly Meal Delivery for Tuesday Clients</div> <div>18<br/>Weekly Meal Delivery for Tuesday Clients</div> <div>25<br/>Weekly Meal Delivery for Tuesday Clients</div> | <div><br/><br/>5<br/>Weekly Meal Delivery for Wednesday Clients<br/><b>Produce Day for Wednesday Clients</b></div> <div>12<br/>Weekly Meal Delivery for Wednesday Clients</div> <div>19<br/>Weekly Meal Delivery for Wednesday Clients</div> <div>26<br/>Weekly Meal Delivery for Wednesday Clients</div> | <div><br/><br/>6<br/>Weekly Meal Delivery for Thursday Clients<br/><b>Produce Day for Thursday Clients</b></div> <div>13<br/>Weekly Meal Delivery for Thursday Clients</div> <div>20<br/>Weekly Meal Delivery for Thursday Clients</div> <div>27<br/>Weekly Meal Delivery for Thursday Clients</div> | <div><br/><br/>7<br/>Weekly Meal Delivery for Friday Clients<br/><b>Produce Day for Friday Clients</b></div> <div>14<br/>Weekly Meal Delivery for Friday Clients</div> <div>21<br/>Weekly Meal Delivery for Friday Clients</div> <div>28<br/>Weekly Meal Delivery for Friday Clients</div> |

Milk cartons are kept on ice during transport to ensure they arrive cold. Contents may be slightly frozen at delivery. Please shake milk well before drinking.



# Take a Trip to the Mediterranean

The history of the **Mediterranean Diet** goes back to the ancient times of Greek warriors and Roman Gladiators. It became popular in modern times during a study of the health of the Mediterranean population in 1975 and in 1995 the Mediterranean Diet Pyramid was introduced.

The **Mediterranean Diet** is a diet that emphasizes plant-based foods, healthy fats, moderate dairy and fish, and limits foods like red meats, processed foods, and high sugar content food items. It has been studied for over three decades and has proven health benefits like reduced risk of chronic diseases like Type 2 Diabetes and heart disease.

### If you want to try the Mediterranean Diet, here are ways to start:

- Eating lots of fruits and vegetables, such as dark green veggies, tomatoes, squash and antioxidant-rich fruits like berries
- Switch your grain items to whole grain (brown rice, whole grain bread)
- Focus on healthy fats like olive oil or avocado oil
- Choose lean proteins like fish, or plant-based protein like beans and nuts
- Consume moderate amounts of dairy
- Reduce red meat and sweets consumption, and add more fish such as salmon or tuna

### Recommended Meal Preparation and Care

**Milk:** Please refrigerate the milk as soon as the volunteer gives it to you. *Shake before serving.*

### Microwaving and THAWING Meals:

Thaw the meal the day before in the refrigerator. Poke a hole over each section. Heat the meal in the microwave on Medium for 4-5 minutes. Stir and let stand for a minute.

### Heating Meals in the Oven from FROZEN:

Preheat oven to 300°F for optimal flavor and tenderness. Remove film and place entrée on a sheet pan on middle rack. Heat for 30-35 minutes.

### REMINDER:

If you are experiencing any symptoms of illness such as fever, body aches, coughing, vomiting, chills, etc., or have tested positive for flu/COVID, please contact Client Services at **941-747-4655** to let us know, so that we can check on you and our volunteers can safely distance themselves during meal-delivery.



## Word Search BEACH VIBES

M S C R A B S A N D A L S T S A O C L P I S B S  
L E G U L L P E T O T A N E V O C D R O M N A I  
I A B O S C J E L L Y F I S H D N A L S I O E N  
F S E E K A W C D R A O B F R U S F R U S R R I  
E H N S A E N O O C P E L I C A N A E S A K O K  
G O M P E C S D A R O S U N B U R N T E V E H I  
U R I K G O H N B Q A T W L S C S Y A N R L S B  
A E E B E A C H B A L L R H R U D S W I M A S P  
R N W G Y K F E E R R P Y I A R J W T L E W O T  
D S S M F S H A R K U P A S P R L F L H A T B U  
M A E R C E C I C E X O D X K E F S A N T Y O L  
I B S X H D B J L T V P I P D N F V S E H E D R  
L U S E D I T W O L O S L L I T G T L E E E D S  
Y C A S F Q T K N F L I O E V S H Z I R R R H U  
A S L O C E A N G M L C H K E C L B A C M T S N  
B E G H E B L Q B G E L T L A K Q V S S I M I B  
M X N R A O L X O N Y E G Y E D A L J N T L F A  
K U U Z E A U X A I B O A R D W A L K U C A R T  
N C S P Y T G V R H A S E A S H E L L S R P A H  
H O O S E V A W D S L J X H S N A C K S A E T E  
S P O D E K E W V I L R E L A X C N M C B G S O  
I I I G R L S W N F O Z P E E L T S A C D N A S  
F I X H A O S U S A N D Q Z W X L L E H S D P J  
G N F V S L S J O P G M V R E T A W R E D N U Q

SALT WATER  
BEACHBALL  
SUNSCREEN  
FISHING  
SNORKEL

SURFBOARD  
BOARDWALK  
HOLIDAY  
SUNBURN  
HERMIT CRAB  
POPSICLE  
WEEKEND

SANDCASTLE  
JELLYFISH  
SEASHELL  
LIFEGUARD  
SANDALS  
STARFISH  
PALM TREE

SEAGULL  
SEASHORE  
ISLAND  
PELICAN  
SNACKS

