



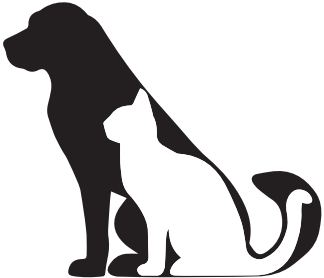


Our mission is to assist individuals to live independently by providing nutrition and caring, supportive services.

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

Senior programs partially funded with support from



	Tuesday	Wednesday	Thursday	Friday
<p>PET FOOD AVAILABLE</p> <p>We can help with food for your pet—Dogs or cats—twice a month, free of charge! Please call for delivery schedule.</p> 	<p>2 Weekly Meal Delivery for Tuesday Clients</p> <p>Produce Day for Tuesday Clients</p>	<p>3 Weekly Meal Delivery for Wednesday Clients</p> <p>Produce Day for Wednesday Clients</p>	<p>4 Weekly Meal Delivery for Thursday Clients</p> <p>Produce Day for Thursday Clients</p>	<p>5 Weekly Meal Delivery for Friday Clients</p> <p>Produce Day for Friday Clients</p>
	<p>9 Weekly Meal Delivery for Tuesday Clients</p>	<p>10 Weekly Meal Delivery for Wednesday Clients</p>	<p>11 Weekly Meal Delivery for Thursday Clients</p>	<p>12 Weekly Meal Delivery for Friday Clients</p>
 <p>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.</p>	<p>16 Weekly Meal Delivery for Tuesday Clients</p>	<p>17 Weekly Meal Delivery for Wednesday and Friday Clients</p>	<p>18 Weekly Meal Delivery for Thursday Clients</p>	<p>19 JUNE TEENTH OFFICES CLOSED</p>
	<p>23 Weekly Meal Delivery for Tuesday Clients</p>	<p>24 Weekly Meal Delivery for Wednesday Clients</p>	<p>25 Weekly Meal Delivery for Thursday Clients</p>	<p>26 Weekly Meal Delivery for Friday Clients</p>
	<p>30 Weekly Meal Delivery for Tuesday Clients</p>			

***** DELIVERY BETWEEN 10 AM-2 PM. PLEASE BE HOME. *****

Please note: Meals are subject to change without notice. Please plan ahead to store meals in your freezer. Make sure to read the food storage and reheating instructions.

PUMP UP THE FIBER



Fiber is an essential part of a healthy diet. Not only does it help with digestion, but it also plays a major role in heart health, blood sugar control, and maintaining a healthy weight. There are two types of fiber: **soluble fiber** and **insoluble fiber**.

Soluble fiber dissolves in water and forms a gel-like substance in the digestive tract. This type of fiber helps lower LDL (“bad”) cholesterol, supports heart health, and can help steady blood sugar levels.

Insoluble fiber, on the other hand, adds bulk to the stool and helps food move more easily through the digestive system. This makes it especially helpful in preventing constipation. It’s important to consume a mix of both types of fiber!

Seniors should aim for **25–30 grams** of fiber per day from a variety of foods. Start slowly, add fiber-rich foods gradually, and make sure to drink plenty of water!

SOLUBLE FIBER

- Oats
- Beans and lentils
- Apples, oranges, and berries
- Chia seeds

INSOLUBLE FIBER

- Whole-wheat bread
- Brown rice
- Nuts and seeds

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.

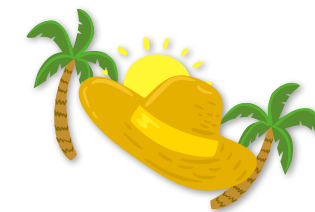
Heating Meals in the Oven from FROZEN:

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 Summer



A	R	S	U	N	S	H	I	N	E	Y	I	O	K	L	M	N	B	G	T
E	R	E	L	A	X	J	M	G	H	J	U	I	K	N	M	T	T	X	S
Z	S	R	Q	W	T	R	E	R	T	Y	U	I	G	H	O	A	D	E	U
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B	U	Y	W	Q	H	Y	U	K	J	M	N	F	G	T	U	K	L	H	G
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PICNIC
SUNGLASSES
SWIMMING
SUN
SWIMSUIT
OCEAN

RELAX
SHORTS
BARBECUE
SPRINKLER
FIREWORKS

VACATION
SUNSHINE
FUN
HOT
POOL
FAMILY

