



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
PET FOOD AVAILABLE We can help with food for your pet—dogs or cats—twice a month, free of charge! Please call for delivery schedule. 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.			1 Weekly Meal Delivery for Thursday Clients	2 Weekly Meal Delivery for Friday Clients
	6 Weekly Meal Delivery for Tuesday Clients Produce Day for Tuesday Clients	7 Weekly Meal Delivery for Wednesday Clients Produce Day for Wednesday Clients	8 Weekly Meal Delivery for Thursday Clients Produce Day for Thursday Clients	9 Weekly Meal Delivery for Friday Clients Produce Day for Friday Clients
	13 Weekly Meal Delivery for Tuesday Clients	14 Weekly Meal Delivery for Wednesday Clients	15 Weekly Meal Delivery for Thursday Clients	16 Weekly Meal Delivery for Friday Clients
	20 Weekly Meal Delivery for Tuesday Clients	21 Weekly Meal Delivery for Wednesday Clients	22 Weekly Meal Delivery for Thursday Clients	23 Weekly Meal Delivery for Friday Clients
	27 Weekly Meal Delivery for Tuesday Clients	28 Weekly Meal Delivery for Wednesday Clients	29 Weekly Meal Delivery for Thursday Clients	30 Weekly Meal Delivery for Friday Clients

*** 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.



Did you know **99% of our body’s calcium** is stored in our bones and teeth? Since calcium is needed for muscle movement, nerve signaling, and blood clotting, we require calcium in our blood.

Our body will take calcium from our bones to maintain this supply if we do not get enough calcium in our diet. Our bones reach their maximum density and mass around the age of 30 and then naturally become thinner and weaker as we age, which can put older adults at risk of osteoporosis that may lead to bone fractures.

Getting enough calcium each day is one of the best ways to help keep your bones strong and support healthy muscles and nerves. Adults over age 50 generally need **1,200 mg of calcium** each day! Good food sources of calcium include:

- ✓ Low-fat milk, yogurt, cheese
- ✓ Tofu made with calcium
- ✓ Canned salmon or sardines with bones
- ✓ Calcium-fortified, plant-based beverages
- ✓ Leafy green veggies such as kale or collard greens

Your body also needs vitamin D to absorb calcium effectively. Spending a little time outdoors, eating foods rich in vitamin D, or taking a supplement if recommended by your healthcare provider can help you maintain healthy vitamin D levels.

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.



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

PUMPKIN	CANDY CORN	AUTUMN	SUPERNATURAL
SPOOKY	GHOUL	COBWEB	CEMETERY
CEMETERY	FRIENDS	WITCH	CAULDRON
FUN	HAUNTED HOUSE	ZOMBIE	CELEBRATION
TRICK	MONSTER	VAMPIRE	CLOWN
TREAT	SKELETON	BROOMSTICK	DECORATIONS
COSTUME	GHOST	HALLOWEEN	PARTY
CREEPY	OCTOBER	WAND	

