



Meals on Wheels PLUS
OF MANATEE


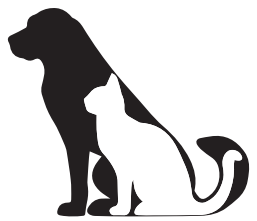
Our mission is to assist individuals to live independently by providing nutrition and caring, supportive services.

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

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

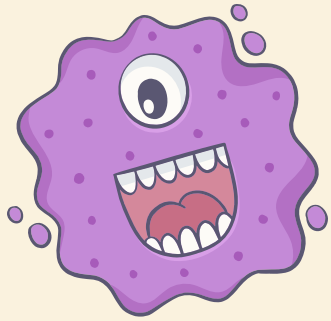
Senior programs partially funded with support from



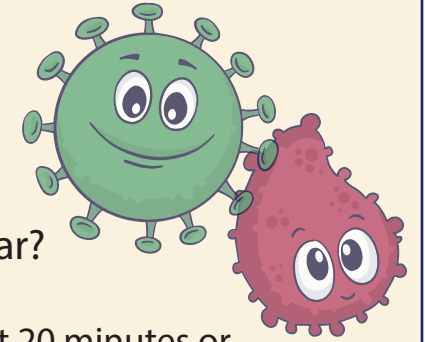
Monday	Tuesday	Wednesday	Thursday	Friday
1  *** SEPTEMBER ***	2 Weekly Meal Delivery for Tuesday Clients	3 Weekly Meal Delivery for Wednesday Clients	4 Weekly Meal Delivery for Thursday Clients	5 Weekly Meal Delivery for Friday Clients
PET FOOD AVAILABLE We can help with food for your pet—Dogs or cats—twice a month, free of charge! Please call by 9am Monday for same-week delivery. 	9 Weekly Meal Delivery for Tuesday Clients Produce Day for Tuesday Clients	10 Weekly Meal Delivery for Wednesday Clients Produce Day for Wednesday Clients	11 Weekly Meal Delivery for Thursday Clients Produce Day for Thursday Clients	12 Weekly Meal Delivery for Friday Clients Produce Day for Friday Clients
	16 Weekly Meal Delivery for Tuesday Clients	17 Weekly Meal Delivery for Wednesday Clients	18 Weekly Meal Delivery for Thursday Clients	19 Weekly Meal Delivery for Friday Clients
	23 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.	24 Weekly Meal Delivery for Wednesday Clients	25 Weekly Meal Delivery for Thursday Clients	26 Weekly Meal Delivery for Friday Clients
29	30 Weekly Meal Delivery for Tuesday 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.



National Food Safety Month



Did you know that according to the **Centers for Disease Control and Prevention (CDC)** approximately **1 in 6** Americans, or about *48 million people*, experience foodborne illnesses each year?

While many foodborne illnesses, like those caused by Salmonella, usually cause symptoms within 1 to 3 days, some can manifest 20 minutes or up to 6 weeks after consumption. Here are **four simple steps** that can help decrease your chances of getting sick by avoiding cross-contamination:

WASH!

- Wash your hands **often!**
- Wash food preparation surfaces and utensils before and after use.
- Use single-use paper towels to clean **any** surface that came in contact with raw meat or fish.
- Rinse/wash **ALL** produce, using a clean sponge or veggie brush on produce with skins such as apples, potatoes, etc.

SEPARATE!

- **Always** keep raw meats and eggs separated from ready to eat foods at all times.
- Designate or color code cutting boards for different purposes.
- **Throw marinades away after removing raw meat**, and always use clean basting brushes on cooked meat.
- Cover foods in refrigerator.

COOK!

- Cook foods to correct temperatures by using a reliable meat thermometer.
- Eggs should be cooked until yolk and white are firm.
- When microwaving, make sure to stir and rotate during cooking

CHILL!

- Use thermometers to verify foods and refrigerator settings are at temperature (below 40 degrees).
- Refrigerate food **within 2 hours** of cooking. Divide food up or spread out when cooling in refrigerator.
- **Never** thaw food at room temperature.
- Always marinate food in the refrigerator.

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 to 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.

COVID-19 VACCINE INFORMATION:

COVID-19 vaccinations are available through The Florida Department of Health in Manatee County. All vaccinations are by appointment only. Appointments are available between 8 a.m. and 4 p.m. on weekdays. Call (941) 242-6646 to book an appointment. More information is also available on the County website at www.MyManatee.org.