

November 2025



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
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.	4 Weekly Meal Delivery for Tuesday Clients Produce Day for Tuesday Clients	5 Weekly Meal Delivery for Wednesday Clients Produce Day for Wednesday Clients	6 Weekly Meal Delivery for Thursday Clients Produce Day for Thursday Clients	7 Weekly Meal Delivery for Friday Clients Produce Day for Friday Clients
	11 Weekly Meal Delivery for Tuesday Clients	12 Weekly Meal Delivery for Wednesday Clients	13 Weekly Meal Delivery for Thursday Clients	14 Weekly Meal Delivery for Friday Clients
	18 Weekly Meal Delivery for Tuesday Clients	19 Weekly Meal Delivery for Wednesday Clients	20 Weekly Meal Delivery for Thursday Clients	21 Weekly Meal Delivery for Friday Clients
	25 Weekly Meal Delivery for Tuesday and Thursday Clients	26 Weekly Meal Delivery for Wednesday and Friday Clients	27 Thanksgiving Meal Delivery	28 OFFICE CLOSED NOVEMBER 27th & 28th

***** 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 Diabetes Awareness Month

Contrary to Type 1 diabetes which is caused by genetics, Type 2 diabetes is mainly caused by lifestyle factors, such as diet and exercise. The key to preventing or managing Type 2 diabetes is to maintain a healthy diet and lifestyle. Obtaining a healthy lifestyle can prevent complications of blindness, kidney failure, heart disease, and stroke from diabetes.



Strategies to Prevent and Manage Diabetes:

- Lose the extra pounds by:
 - Exercising
 - Eating less high-fat and high-sugar foods
 - Swapping high calorie snacks for fruits or veggies
- Eat food with a low or medium glycemic load, such as food high in fiber and low in sugar
- Eat smaller meals
- Eat meals more frequently
 - 3 small meals and 1-2 snacks each day
- Eat sweets or carbs (such as chips, white rice, or white bread) with protein or unsaturated fats such as nuts
- Eat food higher in fiber such as whole grains (brown rice, quinoa), green leafy veggies, fresh fruits, lentils, beans

Stay Aware.

Symptoms to watch out for:

- Feeling tired
- Increased hunger or thirst
- Unintentional weight loss
- Frequent urination
- Blurred vision
- Skin infections or cuts that won't heal or heal slowly

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.