



Meals on Wheels PLUS
OF MANATEE

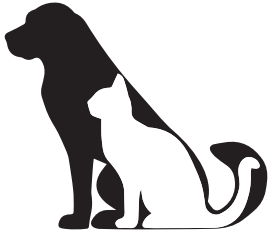


Our mission is to assist individuals to live independently by providing nutrition and caring, supportive services.

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](https://www.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. 	2 Weekly Meal Delivery for Tuesday Clients Produce Day for Tuesday Clients	3 Weekly Meal Delivery for Wednesday Clients Produce Day for Wednesday Clients	4 Weekly Meal Delivery for Thursday Clients Produce Day for Thursday Clients	5 Weekly Meal Delivery for Friday Clients Produce Day for Friday Clients
	9 Weekly Meal Delivery for Tuesday Clients	10 Weekly Meal Delivery for Wednesday Clients	11 Weekly Meal Delivery for Thursday Clients	12 Weekly Meal Delivery 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 Tuesday and Thursday Clients	25  OFFICES CLOSED	26 OFFICES CLOSED
	30 Weekly Meal Delivery for Tuesday and Thursday Clients	31 Weekly Meal Delivery for Wednesday		

***** 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.

Happy & Healthy HOLIDAY EATING



Food is meant to nourish both your body and your mind.
Follow these tips to improve your relationship with food:

- * Eat when you're **hungry**.
- * Stop eating when you're **full**.
- * **Eat breakfast!**
- * Be **mindful** of portion sizes.
- * When eating be **fully present** in the eating experience; don't distract yourself with the TV, phone, or a book.
- * Focus on **moderation** rather than restricting yourself from certain foods.

**Most importantly... allow
yourself to eat and *enjoy it!***

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.