

April 2026



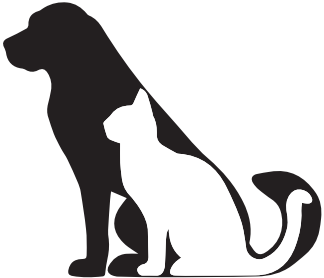
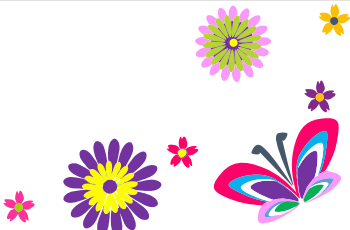
Our mission is to assist individuals to live independently by providing nutrition and caring, supportive services.

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

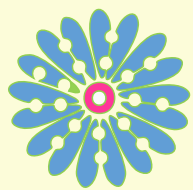
Senior programs partially funded with support from



	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>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>		1 Weekly Meal Delivery for Wednesday and Friday Clients	2 Weekly Meal Delivery for Thursday Clients	3 OFFICES CLOSED
	7 Weekly Meal Delivery for Tuesday Clients Produce Day for Tuesday Clients	8 Weekly Meal Delivery for Wednesday Clients Produce Day for Wednesday Clients	9 Weekly Meal Delivery for Thursday Clients Produce Day for Thursday Clients	10 Weekly Meal Delivery for Friday Clients Produce Day for Friday Clients
	14 Weekly Meal Delivery for Tuesday Clients	15 Weekly Meal Delivery for Wednesday Clients	16 Weekly Meal Delivery for Thursday Clients	17 Weekly Meal Delivery for Friday Clients
	21 Weekly Meal Delivery for Tuesday Clients	22 Weekly Meal Delivery for Wednesday Clients	23 Weekly Meal Delivery for Thursday Clients	24 Weekly Meal Delivery for Friday Clients
	28 Weekly Meal Delivery for Tuesday Clients	29 Weekly Meal Delivery for Wednesday Clients	30 Weekly Meal Delivery for Thursday 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.



Showers for your Garden, Hydration for You.

Spring is here and as they say, *“April showers bring May flowers”*. Water for your garden is essential for your garden to grow and it is essential for our bodies to function. As we age, our bodies go through natural changes that make fluid balance more challenging. The feeling of thirst becomes weaker, meaning you may not feel thirsty even when your body needs water. Although some medical conditions require a fluid restriction, most senior adults should aim for 9-13 cups of water daily.

Water plays a role in nearly every function of the human body. *Staying hydrated helps:*

- Maintain energy levels and reduce feelings of tiredness.
- Maintain regular bowel movements.
- Protect joints, tissues, and muscles by helping them stay cushioned and flexible.
- Regulate body temperature.
- Keep skin healthy, reducing dryness and improving elasticity.
- Support brain function, including concentration, memory, and mood.

SIMPLE WAYS TO STAY HYDRATED EVERY DAY

- Start early—drink water with breakfast.
- Keep drinks visible and take them with you.
- Add flavor if needed. Fresh lemon, berries, mint, or a splash of 100% fruit juice can make water more enjoyable.
- Foods like watermelon, oranges, cucumbers, tomatoes, broth-based soups, yogurt, and gelatin snacks boost hydration.

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.



Spring! Word Search

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



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|-----------|---------|--------|-------|
| butterfly | ladybug | easter | green |
| daffodil | rainbow | picnic | hatch |
| sunshine | showers | puddle | tulip |
| umbrella | breeze | spring | worms |
| blossom | chicks | bunny | bees |
| ladybug | clouds | grass | leaf |