

Community Care

Northumberland

March for Meals - Raising Awareness Hot and Frozen Meals on Wheels Being Available in Colborne

March 28th, 2019 (Brighton)

Mayor Mandy Martin joined together with a CCN volunteers on March 28th to help deliver hot meals to local Meals on Wheels clients in Colborne.



Pictured: Jule Rusaw and Donna Rusaw from Black Dress Catering, Mayor Mandy Martin— Cramahe Township, Jo—Black Dress Catering, Carol and Gord McArthur— Meals on Wheels volunteers, Liz from Black Dress Catering and Maretta Riley - CCN's program assistant in Colborne.

Volunteers pick up the hot prepared Meals on Wheels insulated bags at the old United Church in Colborne, located at the corner of Lyle and Percy Street and deliver them to clients on a pre-planned route in Cramahe Township during the noon hour. The pre-planned route of stops takes no longer than 1 hour. When the route is completed, the volunteers return the bags to our Colborne program office.

Last year, with the help of local volunteers over 1,759 hot and frozen meals were delivered throughout the Alnwick-Haldimand and Colborne area. Hot meals are prepared by Black Dress Catering and are \$6.00 each. They include an entrée, vegetable and side, soup or salad, bread and dessert. Frozen meals are available for \$5.75 each and there are many options suitable for dietary needs.

On today's hot meal menu, stuffed cabbage, baby red roasted potatoes, baked beans accompanied with a roll, salad and for dessert, fruit or white cake with a brown sugar icing.

For additional program information about Meals on Wheels visit www.commcare.ca/mow.html, please contact CCN's Colborne office at (905)355-2989 or email colborne@commcare.ca.

Media contacts:

Alicia Vandine
Regional Community Relations Coordinator
Community Care Northumberland
Phone: (705)653-0955
Email: a.vandine@commcare.ca

Trish Baird
Executive Director
Community Care Northumberland
Phone: (866)514-5774
Email: t.baird@commcare.ca



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