



2019 March for Meals



During the month of March, we invite you to participate in the Nutrition Program's annual **March for Meals** campaign.

March for Meals is a national campaign sponsored by Meals on Wheels America to benefit senior nutrition programs like ours. The month of March is designated as a time for Elder Nutrition Programs to appeal for volunteers and donations "so no senior goes hungry."

Our nutrition program served 236,259 meals during fiscal year 2018. That represents 34,125 congregate meals and 202,134 home delivered meals. We utilize the services of 500+ volunteers in addition to paid staff to deliver meals and contain costs.

Some of this year's events:

March 18th - Fundraiser day at 308 Lakeside Restaurant, East Brookfield, from 1:00 to 8:00 p.m.

March 21st - 3rd annual chicken dinner at the Southbridge Senior Center. Tickets are \$15.00

March 28th - 5th annual Italian dinner at the Milford Senior Center, prepared by Chartwells, our caterer. Tickets are \$8.00 and must be purchased by March 22nd.

We're also holding a raffle with the following prizes:

- Kindle Paperwhite - donated by Chartwells
- Framed print by artist Christine O'Brien – donated by Barbara and Tom O'Brien
- Yoga lessons and mat – donated by Lisa Prince
- Quilt - donated by Karen Seelig
- Gardening basket
- Tea and snack basket
- Stove cover and Yankee Candle - donated by Mary Brunelle
- Gift certificate for a facial at Hello Gorgeous in Dudley

Tickets are \$3.00 each or 2 for \$5.00

We welcome donations in any amount to our 2019 campaign. All checks payable to Tri-Valley March for Meals (mailed to Tri-Valley, Inc., 10 Mill St., Dudley, MA 01571) All donations will go directly toward the purchase of meals for homebound clients.

For more information,
contact Tri-Valley's
Nutrition Dept. at
508-949-6640

Thank you for your support!