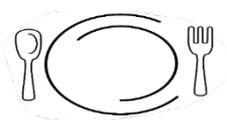


The Many Benefits of the “Meals on Wheels” Program



NUTRITION

The Tri-Valley “Meals on Wheels” Program intends to provide a nutritious, wholesome meal to eligible seniors in their homes 5 days each week. Our meals address many needs including poor nutrition, food insecurity, chronic disease, and social isolation. The nutrition program is vital as it enables many elders to continue to live in the community independently.

FOOD SAFETY

To ensure that all food is served safely, the temperature of the meal is of utmost concern. Therefore, the program asks that you be home to receive the meal during our normal delivery time between 10:30-12:30. If you do have to step-out, or you have a scheduled appointment, please call to cancel the meal in advance. **The meal drivers CANNOT leave a hot or frozen meal when you are not home, even if you leave a cooler outside.** Leaving food outside for an extended period may cause a temperature fluctuation that could pose a food safety risk. Our kitchen staff and drivers are educated in safe food handling and carefully maintain proper food temperatures throughout meal preparation & delivery.

WELLNESS CHECK

The program provides a wellness check each day a meal is delivered. Our **volunteers & paid drivers are required to “see or hear” you when delivering the meal.** They report any concerns or issues, as needed, back to the main office so that staff can follow-up to make sure you are okay. The wellness check is very much appreciated by our clients, as well as their families.

CUT OUT & USE THIS HANDY CHART Before you reheat & eat, use this **Refrigerator Calculator** to make sure your leftovers add up to a safe meal. As a rule, **WHEN IN DOUBT, JUST THROW IT OUT!**

REFRIGERATOR CALCULATOR

MEATS /SEAFOOD

COOKED GROUND BEEF/TURKEY = 3-4 DAYS

DELI MEAT = 3-5 DAYS

COOKED BEEF, LAMB, PORK OR POULTRY = 3-4 DAYS

COOKED SEAFOOD = 3-4 DAYS

SOUPS & CHILI

CHILI = 3-4 DAYS

SOUP/STEW = 3-4 DAYS

VARIOUS DISHES & SIDES

PASTA SALAD OR POTATO SALAD = 3-5 DAYS

PIZZA OR CASSEROLES = 3-4 DAYS

COOKED VEGETABLES = 2-3 DAYS

PASTA OR RICE = 1-2 DAYS

DESSERT

CAKE OR CREAM PIE = 1-2 DAYS

FRUIT PIES OR PASTRIES = 2-3 DAYS

INFO. ADAPTED FROM *REFRIGERATOR CALCULATOR*, ACADEMY OF NUTRITION AND DIETETICS, 2018. WWW.EATRIGHT.ORG

Dudley 508-949-6640, Franklin 508-520-1422, Milford 508-478-8102, Northbridge 508-234-2002, Southbridge 774-289-9438, Spencer 508-885-5767, Sturbridge 508-347-5063, Sutton 508-234-0703, Upton 508-529-9094, Uxbridge 774-482-6174, West Brookfield 508-867-1411

Tri-Valley receives federal financial support under the Older Americans Act provided by the Central Massachusetts Agency on Aging and the Massachusetts Executive Office of Elder Affairs.