



Edmonton meals on wheels

feeding body and soul

The Messenger News

A publication from Edmonton Meals on Wheels
Spring 2009

EATING MADE EASY™

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Quick Facts

In 2008

158,411 meals were produced.

39,613 Heat 'n Eat frozen meals were picked up or delivered.

2774 pureed meals were delivered.

427 volunteers gave **69,162** hours to get the job done.

Edmonton Meals on Wheels publishes *The Messenger News* to keep our referral community informed.

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The new Eating Made Easy™ program focuses on Healthy Eating for a Healthy You. The program targets community residing individuals who may need grocery delivery, ideas and motivation for small quantity, healthy cooking, nutrition information and making healthy food choices as one ages. Program funders include the Edmonton Community Foundation, New Horizons for Seniors and Alberta Lotteries Community Initiative Program.

THE GROCERY BAG™

This grocery delivery service is now open to all Edmontonians who are unable to grocery shop, have limited transportation options or have limited shopping assistance. Clients do not need a referral and do not need to be a current Meals on Wheels client.

Groceries are sold either in bagged packages or as individual items. The foods chosen help ensure clients can obtain a nutritious diet. The grocery packages are sold in a 4 week rotation, thus providing variety. We wish to thank Save-On-Foods as our grocery sponsor.



time. I am very pleased with the program and the Western Family products. It will be a god-send in winter."

The "Recipe for Friendship" luncheon is an opportunity for you, your colleagues or clients to learn more about the services provided by Meals on Wheels. Come tour the kitchen, see production in progress and meet the people behind the scenes. Dates and times are flexible to meet your hectic schedule. Can't get away from the office? We'll bring a sampling for you to taste or full lunch to your workplace or where your clients or patients gather. Call 780-429-2020 for more details.

HEALTHY EATING – HEALTHY YOU

► **Eating Made Easy™ workshops** are now available for fall bookings. Our dietitian leads a 4 week series either at local senior's centres or apartments. The series highlights healthy eating as one ages, understanding nutrition labels and motivational tips for small quantity cooking. Quick and easy recipes are demonstrated and new tastes are introduced with samples. Minimum registration is required.

► **The new Eating Made Easy™ Resource Book** is available to purchase for \$20 each. This is a great resource for professionals or community libraries. It

makes a great gift for a senior you might know.
► **Lunch and Learn workshops** are offered on the first Tuesday of each month at the Meals on Wheels centre. These informative and fun lunch sessions are facilitated by a dietitian and cover a wide range of Eating Made Easy™ topics. Bring your own lunch or buy our lunch of the day for \$2.25.
► **Meals on Wheels guest speakers** are available to inform your clients or work group about these new programs. Call 780-429-2020 for more information or to book a workshop.

What Do Others Think?

Clients using The Grocery Bag™ have nothing but praise for the program. "It's like opening up Christmas presents. It's a surprise every

