

How You Can Reach Us

Main Office:

765-2696 or 1-800-225-8571

Waiver Program:

762-8025 or 1-888-520-9248

If you are planning to go out, call and remind us so we can stop your meal for the day.



No Meal Delivery July 5

All Area Agency on Aging offices and Centers for Active Living will be closed Monday, July 5, to observe Independence Day. Frozen meals for you to eat on Monday will be delivered to you on Friday, July 2, along with your regular hot meal.

Summer Weather Challenges Meals on Wheels & More



Summer temperatures are a natural foe of cool food (milk, juice, cheese, salads, etc.). Those foods must be kept at temperatures between 34 and 42 degrees. As long as the food remains in the cool temperature range, harmful organisms are less likely to grow there. The perfect temperature for bacteria to grow in food is between 60 and 90 degrees. That's exactly the range of temperatures in the summer! If cool food is exposed to warm summer weather – even for short periods of time – the temperature rises rapidly into the unsafe zone.

Staff at Meals on Wheels & More work very hard to keep the cold foods in your meals cold! When cool food arrives at our meal factory, it is immediately placed in a huge cooler where the temperature is monitored 24 hours a day. We carefully log the date we receive the food, the expiration dates stamped on products, and the delivery dates we send the food out to you. As we pack the food for its trip to your house, we put ice bricks and ice blankets inside a picnic cooler with the cool foods. Mylar blankets are laid over and around the coolers to further insulate the food while it is in the van on its way to your table.

But all of this effort can be ruined if you yourself don't take the final step. Every person in the chain of the Meals on Wheels & More program has to take care of the food – and that includes you.

Here's a good rule to practice: **If you aren't going to eat the cool food in your meal the moment it arrives, then you must put it in the refrigerator.** Otherwise, you place yourself at risk of illness or at the very least, an unpleasant surprise of sour milk or moldy cheese!

