

MEALS ON WHEELS PROGRAM REMINDERS

Monday 6/17 - Double Milk

Tuesday 6/18 - Frozen for 6/19

Wednesday 6/26 - Frozen for 7/4

Thursday 6/27 - Frozen for 7/5

Monday 7/1 - Double Milk

Tuesday 7/2 - Double Milk

Wednesday 7/3 - Frozen for 7/6 & 7/7

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June Closures:

Wednesday, June 19th, Juneteenth

Home-delivered meals are scheduled to arrive between
10:30 a.m. and 12:30 p.m.

If it is after 1:00 p.m. and you have not received your meal,
please call us that day.

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**If there are changes for your service please contact our
office at least 24 hours before the next delivery.**

Would you like to better manage your chronic condition?

Eat better, feel better! Learn about SNAP, a free program that allows you to purchase food so you can eat more nutritious meals! The average benefit for an older adult household in Oregon is about \$90 per month towards food purchases. Persons 60 years or older and disabled members can benefit from deductions by allowable costs such as: doctor bills, prescription drugs, over-the-counter medication, and dentures.



Call 2-1-1 or North West Senior &
Disability Services at:
(503) 304-3420

www.foodsharemealsonwheels.org

JUNE 2024

HOME DELIVERED MEALS



MARION POLK FOOD SHARE

MEALS ON WHEELS

