Elderly Nutrition involved with Mayors For Meals 2011

By

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This year hundreds of mayors and elected officials from across the country will help deliver meals with their local Meals on Wheels program to homebound seniors in their communities. This is part of the Meals on Wheels Association of America (MOWAA) campaign to bring awareness to, and end, senior hunger by 2020.

The Upper Cumberland Human Resource Agency (UCHRA) Home Delivered Meals program asked area mayors and elected officials to get involved. “We are asking our local officials for one day in March, at their convenience, to help us deliver meals and see how this program not only bring a nutritious meal to a senior, but also brightens their day.” stated Phyllis Bennett, UCHRA Executive Director.

UCHRA’s Home Delivered Meal Program provides 742 noon time meals daily, traveling 31,000 miles a month to deliver meals to families in the rural areas of the Upper Cumberland. “Our mayors and local officials are to be commended for their continued support of the local Nutrition program.” stated Linda Tramel, Field Services and Nutrition Director.

The regions funding sources for the Nutrition Program are the TN commission on Aging and Disabilities, TN Department of Human Services, Emergency Food and Shelter, Community Services Block Grant, civic groups, local governments, individuals and United Way.

If you know someone that needs home delivered meals or would like to participate in our congregate meals at the county sites please contact your local UCHRA office or 931-528-1127. There are also self-pay and sponsored meal programs. Tax deductible donations to the Nutrition Program can be made on-line at www.uchra.com/donations.

See images below:

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