

## **Let's Do Lunch at Home!**

Meals on Wheels are wholesome lunches made for those who are 60 years of age, or older, and who may be challenged in their ability to prepare a nutritionally balanced repast.

Special meals for diabetics can be arranged.

Deliveries for short-term needs such as at-home recovery from surgery or while a primary caregiver may be out of town also can be accommodated.

A donation by you – whether as a one-time only or a recurring gift – supports the local farming economy that supplies many of our fresh vegetables and fruits. A financial gift also helps underwrite the cost of this program.

**All meals are prepared by the local organizations listed below. They are delivered to your doorstep by volunteers organized by the Northeast Kingdom Council on Aging.**

**The regions and contact phone numbers are:**

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**Albany** – Mondays & Thursdays from the Craftsbury Community Care Center: **586-2414**.

**Barton/Orleans Area** – Tuesdays & Fridays from the Maple Lane Nursing Home, Barton: **754-8575**.

**Barnet Area** – Wednesdays & Fridays from West Barnet Senior Meals: **633-4068**.

**Beecher Falls** – Mondays & Fridays from Sunrise Manor, Island Pond: **723-6130**.

**Brunswick** – Mondays & Fridays from Sunrise Manor, Island Pond: **723-6130**.

**Canaan** – Mondays & Fridays from Sunrise Manor, Island Pond: **723-6130**.

**Concord** – Tuesdays through Fridays from the Senior Center, Gilman: **892-6616**.

**Craftsbury** – Mondays & Thursdays from the Craftsbury Community Care Center: **586-2414**.

**Danville** – Tuesdays & Thursdays from the Senior Action Center at the Methodist Church: **684-3903**.

**Derby** – Tuesdays, Wednesdays, & Fridays from Cornucopia, Newport: **487-9380**.

**East Charleston** – Mondays, Tuesdays, & Fridays from Sunrise Manor, Island Pond: **723-6130**.

**East Haven** – Fridays from Darling Inn, Lyndonville: **626-8700**.

**Gilman** – Tuesdays through Fridays from the Senior Center: **892-6616**.

**Glover** – Tuesdays & Fridays from the Maple Lane Nursing Home, Barton: **754-8575**.

**Greensboro** – Mondays & Wednesdays from the Greensboro Nursing Home: **533-7051**.

**Guildhall** – Tuesdays through Fridays from the Senior Center, Gilman: **892-6616**.

**Hardwick** – Mondays & Fridays from the Greensboro Nursing Home: **533-7051**.

**Holland** – Tuesdays, Wednesdays, & Fridays from Cornucopia, Newport: **487-9380**.

**Island Pond** – Mondays, Tuesdays & Fridays from Sunrise Manor, Island Pond: **723-6130**.

**Lemington** – Mondays & Fridays from Sunrise Manor, Island Pond: **723-6130**.

**Lunenburg** – Tuesdays through Fridays from the Senior Center, Gilman: **892-6616**.

**McIndoe Falls** – Wednesdays & Fridays from West Barnet Senior Meals:  
**633-4068**

**Morgan** – Mondays, Tuesdays & Fridays from Sunrise Manor, Island Pond: **723-6130**.

**Newark** – Mondays, Wednesdays & Fridays from Burke Senior Meals:  
**467-3423**.

**Newport** – Tuesdays, Wednesdays, & Fridays from Cornucopia, Newport:  
**487-9380**.

**North Troy** – Wednesdays from the North Troy Village Meal Site:  
**988-4741** or  
Tuesdays, Wednesdays, & Fridays from Cornucopia, Newport:  
**487-9380**.

**St. Johnsbury Area** – Mondays through Fridays from the St. Johnsbury Nutritional Center: **748-5467**.

**South Ryegate** – Tuesdays from South Ryegate Senior Meals: **584-3727**.

**Troy** – Tuesdays, Wednesdays, & Fridays from Cornucopia, Newport:  
**487-9380**.

**Victory** – Tuesdays through Fridays from the Senior Center, Gilman:  
**892-6616**.

**Wallace Pond** – Mondays and Fridays from Sunrise Manor, Island Pond:  
**723-6130**.

**West Burke** – Mondays, Wednesdays & Fridays from Burke Senior Meals:  
**467-3423**.

**West Charleston** – Mondays, Tuesdays, & Fridays from Sunrise Manor, Island Pond: **723-6130**.

Don't see the NEK town you live in? Want to know more about Meals on Wheels—whether to be a prep site or to receive them? Please call Nutrition Coordinator Lallie Mambourg at 802-748-5182.

Do you want to keep your community connected? One of the more rewarding ways to help out is by delivering these important food provisions to our participants in Essex, Orleans and Caledonia Counties. For this unique opportunity, call Jerri Ryan our Volunteer Engagement Co-ordinator at 802-748-5182.