

Important Numbers

Office
(810) 632-2155

Fire, Police, Emergency
911

Office Hours

Mon – Fri 7:30 am – 4:00 pm

Livingston County Senior Nutrition Program



9525 E. Highland Road • Howell, MI 48843 • (810) 632-2155



Meals on Wheels would like to wish everyone with a birthday in August a very Happy Birthday!



Arts and Crafts for the Seniors!

Hamburg Driver Madison is pictured here with her daughters passing out firework door hangers to the clients on their route. The girls took the time to hand-make each door hanger! Thank you so much for taking the time to make these and pass them out to our seniors. Small gestures like this mean so much to our seniors and bring a great big smile to their faces!

Meals on Wheels Packing Crew!

Many may not know, but Meals on Wheels has quite the process in the morning to get the meals ready for the day. It takes many people and teamwork to get the meals out, and pictured here we have our Thursday packing team. They help pack the meals in the containers and put together the side bags. Head packer Theresa states, "These ladies are amazing! They are a great crew! The mornings would not go as easy if it weren't for them!"



Sunrise Rotary's President's Night

Meals on Wheels attended Sunrise Rotary's President's Night! Pictured here is Meals on Wheels Executive Director – Margaret Davey, John Scotta with Sunrise Rotary, and Meals on Wheels Outreach Director – Candie Hovarter. John won the Award of Excellence at President's Night and we definitely agree with the rotary's choice! John has helped us get volunteers for the Meals on Wheels program and advocates our need for volunteers!



4th of July Parade!

Meals on Wheels Outreach Director, Candie Hovarter walked with Jim Runestad in the Milford 4th of July Parade! Many people came out that day to enjoy the parade, food, and activities!

Food Safety When at Home and Dining Out

Four Basic Steps for Food Safety

By: The U.S. FDA



Each year millions of people get sick from food illnesses which can cause you to feel like you have the flu. Food illnesses can also cause serious health problems, even death. Follow these four steps to help keep you and your family safe.

1. Clean

- Always wash your food, hands, counters, and cooking tools.
- Wash hands in warm soapy water for at least 20 seconds. Do this before and after touching food.
- Wash your cutting boards, dishes, forks, spoons, knives, and counter tops with hot soapy water. Do this after working with each food item.
- Rinse fruits and veggies.
- Clean the lids on canned goods before opening.

2. Separate (Keep Apart)

- Keep raw foods to themselves. Germs can spread from one food to another.

- Keep raw meat, poultry, seafood, and eggs away from other foods. Do this in your shopping cart, bags, and fridge.
- Use a special cutting board or plate for raw foods only.

3. Cook

- Foods need to get hot and stay hot. Heat kills germs.
- Cook to safe temperatures:
 - Beef, Pork, Lamb 145 °F
 - Fish 145 °F
 - Ground Beef, Pork, Lamb 160 °F
 - Turkey, Chicken, Duck 165 °F
- Use a food thermometer to make sure that food is done. You can't always tell by looking.

4. Chill

- Put food in the fridge right away.
- 2-Hour Rule: Put foods in the fridge or freezer within 2 hours after cooking or buying from the store. Do this within 1 hour if it is 90 degrees or hotter outside.
- Never thaw food by simply taking it out of the fridge. Thaw food:
 - In the fridge
 - Under cold water
 - In the microwave

Food Safety When Eating Out

By: National Institute on Aging

It's nice to take a break from cooking or get together with others for a meal at a restaurant. But, do you think about food safety when you eat out? You should.

- Pick a tidy place with clean tables and floors.
- Don't be afraid to ask the waiter or waitress how items on the menu are prepared.
- Consider avoiding buffets. Sometimes food in buffets sits out for a while and might not be kept at the proper temperature—whether hot or cold.
- If you take leftovers home, get them into the refrigerator within 2 hours—sooner if the temperature outside is above 90 °F.

