

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!



Beauchamp Water Treatment Solutions Partnership

Meals on Wheels is proud to partner and receive support from Beauchamp Water Treatment Solutions! Pictured here is Meals on Wheels transporter Jeff Bennett picking up water from Beauchamp!



National Nonprofit Day!

August 17, 2022 is observed as National Nonprofit Day – this day is set aside to recognize the efforts and impact of nonprofits in the community. With this day coming up, we would like to recognize the impact our organization, Meals on Wheels, has on the community.

In Livingston County...

We are serving over 400 seniors a day

We deliver over 10,000 meals a month

We have 300 volunteers



Here's what some of our seniors have to say about the program...

“The people who deliver our food are kind, helpful, and always pleasant. Praise God for good people like them and those on the phone and in the kitchen.”

“Excellent service & very prompt. Thank you very much!”

“Thank you to all of you.”

“Again, thank you team of Meals on Wheels people, you are fabulous!”

“You do a great job”

“Thank you for your efforts!”

“Very good service and food! I really appreciate all of the volunteers! Thank you!”

In Remembrance Conrad Cook



We are deeply saddened to inform you of the passing of one of our volunteers Conrad Cook. Conrad Cook

passed away on May 26, 2022. He was a volunteer with Meals on Wheels for 5 and a half years, and everyone always loved to see his smiling face. We were so blessed to have Conrad as a Meals on Wheels volunteer and we are truly going to miss him. Rest in Peace, Conrad!



4th of July Parade

Meals on Wheels Outreach Director, Candie Hovarter is pictured with Senator, Jim Runestad and his assistant, Teresa Renaud at the Milford 4th of July parade! Many people came out that day to enjoy the parade, food, and activities!

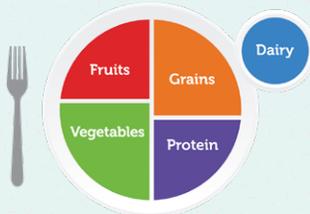
Healthy Eating for Older Adults

By: USDA Food and Nutrition Service



Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

Start simple
with MyPlate



Make eating a social event - Enjoy meals with friends or family members as often as possible. Take advantage of technology to enjoy meals virtually with loved ones in different cities or States.



Drink plenty of liquids - You may not always feel thirsty when your body needs fluids, and that's why it's important to drink beverages throughout the day. Enjoy coffee and tea if you like, or some water, milk, or 100% juice.



Add a touch of spice - Limiting salt is important as you get older. Fresh and dried herbs and spices, such as basil, oregano, and parsley, add flavor without the salt.



Make the most of your food choices - Older adults need plenty of nutrients but fewer calories, so it's important to make every bite count. Foods that are full of vitamins and minerals are the best way to get what you need.



Be mindful of your nutrient needs - You may not be getting enough nutrients such as calcium, vitamin D, potassium, dietary fiber, vitamin B12, and also protein. Read the Nutrition Facts label on packaged foods and also speak with your health-care provider about possible supplements.



Keep food safe - Discard food if it has an "off" odor, flavor, or texture. Refer to the "use by" dates for a guide to freshness. Canned or frozen foods store well if shopping trips are difficult.

Make Half Your Plate

Fruits & Vegetables

