



Western Oakland Meals on Wheels



Important Numbers

Office
(248) 223-9160

Fire, Police, Emergency
911

Office Hours

Mon – Fri 7:30 AM – 3:00 PM

11600 Grand River Ave. • Brighton, MI 48116

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



March 8, 2026 –

Daylight Saving Time Starts

When local standard time is about to reach Sunday, March 8, 2026, 2:00:00 am clocks are turned forward one hour to Sunday, March 8, 2026, 3:00:00 am local daylight time.

St. Patrick's Day –

Tuesday, March 17th
Don't forget to wear green!



First Day of Spring! –

Friday, March 20th



No Meals on Wheels Deliveries –

Friday, April 3rd

Easter Sunday Meal Reservation! Attention Meals on Wheels Clients!

Please call the office if you would like a meal delivered on Easter Sunday, April 5, 2026. Delivery is between 10:00 AM and 12:00 PM. Please reserve by Friday, March 27th.



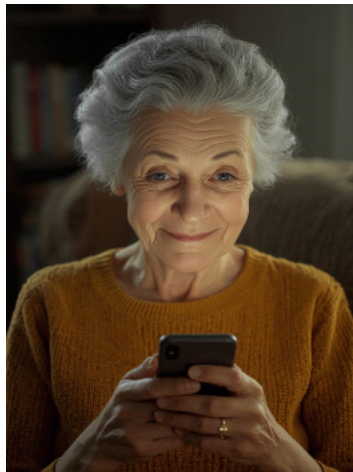
Meals on Wheels Cancellation Policy

It is extremely important to call the Meals on Wheels office and cancel delivery if you will not be home to accept the meal from the driver. Under NO circumstances can we leave the food when you are not home. Please provide at least 24-hour notice to cancel meals (call before noon). Any meals with a No Answer or Late Cancel will be included on your donation statement; we will no longer be providing credit.



Meals on Wheels Texting Notifications!

Meals on Wheels now offers texting notifications to clients and volunteers who have texting capabilities on their phone. We will be using it to notify when there are closures due to weather and reminders of upcoming closures. If you would like to be included on future text notifications, please text "SUBSCRIBE" to 810-632-2155 and we will get you added to our list. Thank you!



March is National Nutrition Month!

By: Academy of Nutrition and Dietetics – eatright.org

National Nutrition Month® is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food and beverage choices and developing healthful eating and physical activity habits.

This year's theme is "Discover the Power of Nutrition." Nutrition has the power to help individuals and communities thrive. Discover how food and beverage choices can help



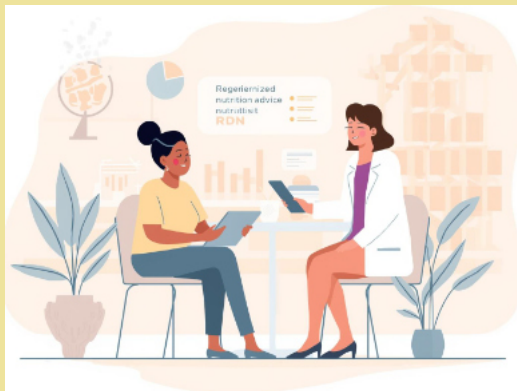
power your day. Learn tips for accessing healthy foods in your area. And build healthy habits into your day to help you feel great now and the future.

Whether you're looking at nutrition headlines or searching for nutritious options, boost your confidence when it comes to food and health. A registered dietitian nutritionist (RDN) or nutrition and dietetics technician, registered (NDTR) can expertly guide you with information driven by science.



Week 1: Power Your Day with Nutrition.

- Choose healthful foods from all food groups.
- Alternate your food choices for a variety of nutrients.
- Avoid fad diets that promote unnecessary restrictions.



Week 2: Find Advice Backed by Science.

- Find accurate sources for nutrition information.
- Meet with an RDN who specializes in your unique needs.
- Receive personalized nutrition information from an RDN to meet your health goals.



Week 3: Stay Nourished on Any Budget.

- Learn cooking and meal preparation skills that work with the resources you have.
- Locate community resources such as SNAP, WIC and local food banks.
- Advocate for nutrition policies that serve you, your family and community.



Week 4: Feel Good with Healthy Habits.

- Reduce the risk of foodborne illness with home food safety.
- Plan in advance to avoid mealtime stress.
- Include physical activity in ways that work for you.