



# Western Oakland Meals on Wheels



## Important Numbers

Office  
(810) 632-2155

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 April a very Happy Birthday!**



## Easter Sunday – April 5th

Meals on Wheels would like to wish everyone a very Blessed and Happy Easter!



## No Meals on Wheels Deliveries – Friday, April 3rd

\*See menu for details

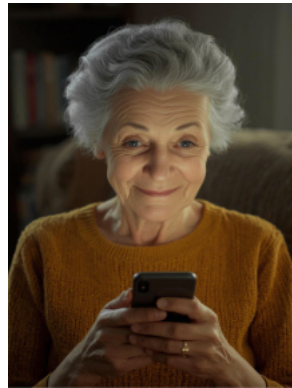


## Meals on Wheels Cancellation Policy

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!

If you decide that you no longer want to receive texting notifications, please text “STOP” to 810-632-2155.

## Volunteer Appreciation Week – April 19-25, 2026

April 19-25 is national volunteer appreciation week and words cannot explain how extremely fortunate and blessed we are to have such a strong volunteer team leading our organization and serving the homebound seniors of Livingston and Western Oakland County. Meals on Wheels depends on volunteers from first thing in the morning when they are packing our meals, delivering meals to our seniors, serving lunch at our congregate sites, and answering phones in the office. Our volunteers' efforts do not go unseen! Please acknowledge your volunteer driver and let them know how much you appreciate them!



# The Importance of Food Safety for Older Adults

By: FoodSafety.gov

**W**hen disease-causing bacteria, viruses, or parasites contaminate food, they can cause foodborne illness, often called food poisoning. While the food supply in the United States is among the safest in the world, it can still be a source of infection.

According to the Centers for Disease Control and Prevention, 48 million persons — or 1 of every 6 people get foodborne infections each year. Of those, 128,000 are hospitalized, and 3,000 die from their foodborne illness. People who have a weakened immune system have a higher risk for food poisoning. They are more likely to have a lengthier illness, undergo hospitalization, or die as a result of foodborne disease.

People 65 and older are at a high risk from foodborne illness. This increased risk is because organs and body systems change as the body ages:

Beginning around age 60, the immune system begins to decline. A network of cells, tissues, and organs spread throughout the body, the immune system is vital for health because it defends the body against infectious organisms and other invaders. When a healthy immune system senses disease-causing organisms and other substances that invade the body, it responds to fight them off.

The digestive system holds food longer, allowing bacteria to grow while the stomach may not produce enough acid to limit the number of intestinal bacteria.

The liver and kidneys may not properly rid the body of foreign bacteria and toxins.

Many older adults have chronic conditions that result in further weakening of the immune system.



## Reduce Your Risk

Practice the four basics of food safety to reduce your risk.

### 1. Clean — Wash Hands, Utensils, and Surfaces Often

Use plain soap and water—skip the antibacterial soap—and scrub the backs of your hands, between your fingers, and under your nails for at least 20 seconds.

### 2. Separate — Don't Cross Contaminate

Keep produce and any other foods that won't be cooked away from the juices of raw meat, poultry, seafood, and eggs.

### 3. Cook to the Right Temperature

Food is safely cooked when the internal temperature is high enough to kill germs that can make you sick

### 4. Chill — Refrigerate and Freeze Food Properly

Refrigerate perishable foods within 2 hours.

Type of Food	Higher Risk	Lower Risk
Meat & Poultry	Raw or undercooked meat or poultry	Meat or poultry cooked to a safe minimum cooking temperature
Seafood	<ul style="list-style-type: none"> <li>Any raw or undercooked fish, or shellfish, or food containing raw or undercooked seafood, e.g., sashimi, found in some sushi or ceviche</li> <li>Refrigerated smoked fish</li> <li>Partially cooked seafood, such as shrimp, and crab</li> </ul>	<ul style="list-style-type: none"> <li>Previously cooked seafood heated to 165°F (74°C)</li> <li>Canned fish and seafood</li> <li>Seafood cooked to 145°F (63°C)</li> </ul>
Milk	Unpasteurized (raw) milk	Pasteurized milk
Eggs	Foods that contain raw / undercooked eggs, such as: <ul style="list-style-type: none"> <li>Homemade Caesar salad dressings</li> <li>Homemade raw cookie dough</li> <li>Homemade eggnog</li> </ul>	At home: <ul style="list-style-type: none"> <li>Recipes that call for raw or undercooked eggs are made with pasteurized eggs.</li> </ul> When eating out: <ul style="list-style-type: none"> <li>Ask if pasteurized eggs were used.</li> </ul>
Vegetables	Unwashed fresh vegetables, including lettuce/salads	<ul style="list-style-type: none"> <li>Washed fresh vegetables, including salads</li> <li>Cooked vegetables</li> </ul>
Cheese	<ul style="list-style-type: none"> <li>Any type of cheese when made with (raw) unpasteurized milk</li> <li>Any unheated queso fresco-type cheeses, when made with pasteurized or unpasteurized (raw) milk, or similar fresh, soft cheeses such as queso blanco and requesón</li> </ul>	<ul style="list-style-type: none"> <li>Hard cheeses, when made with pasteurized milk, such as Asiago, Cheddar, Parmesan, or Swiss/Gruyere/Emmental</li> <li>Cottage cheese, cream cheese, string cheese, feta, and mozzarella, when made with pasteurized milk</li> <li>Heated queso fresco-type cheeses or heated unpasteurized (raw) milk cheeses, when heated to 165°F or steaming hot</li> </ul>
Hot Dogs and Deli Meats	Hot dogs, deli, and luncheon meats that have not been reheated	Hot dogs, luncheon meats, and deli meats reheated to steaming hot or 165°F (74°C)