



FOODNET MEALS ON WHEELS



## FEBRUARY'S GREETINGS

FEBRUARY 2011



### NUTRITION OUTREACH HELPS!

Foodnet is pleased to report to the United Way of Tompkins County and to the participants in the Foodnet programs, that in the past three years, almost \$100,000 in SNAP (Food Stamp) benefits have been awarded to applicants we have assisted!

If you or someone you know is in need of help in purchasing food, contact our Nutrition Outreach Worker at 266-0654. She can complete a pre-screening over the telephone-then, if you are eligible, she will come to your home and complete the SNAP application with you.

Don't forget, you may use all or part of your SNAP (Food Stamp) benefits to make your voluntary contribution to Foodnet.

Just call 266-9553 and request a voucher. It's really that simple!

## FREE TAX COUNSELING FEB 3-APR 9, 2011

IRS trained and certified volunteers prepare free federal and state tax returns for:

- Adults age 60+ (with spouses of any age)
- Individuals with disabilities
- Individuals under 60 with limited incomes

### By appointment only!

Call 273-1511 for an appointment at Lifelong or 533-4939 for Lansing Community Library or 387-4623 for Ulysses Philomathic Library.

Home visits are available for taxpayers who are medically unable to travel, call 273-1511.

Bring a photo I.D., social security cards for you, your spouse, and de-

pendents, last year's state and federal tax returns, 2010 income statements from Social Security, pension, retirement accounts, banks, and other sources. Also bring any medical, mortgage, property tax, charitable contributions, tax receipts if you itemize and other expenses for tax deductions and credits. Please remember your checkbook for payment or direct deposit.

**Spaces are limited, so if you cannot make your appointment, please call to let them know.**

**For more information call Lifelong/RSVP at 273-1511**



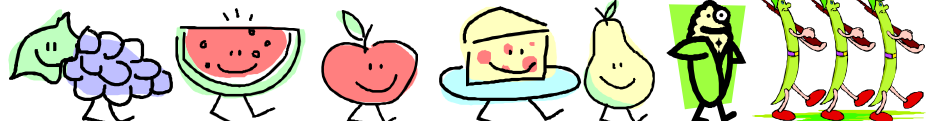
## March For Meals

March for Meals is a time to raise awareness about senior hunger, connect friends and neighbors to their local Senior Nutrition Program and Meals on Wheels program. Last year we had a successful March for Meals celebration with over 300 people signing our table cloth to pledge to end hunger.

This year, the March for Meals celebration is scheduled for March 23, 2011.

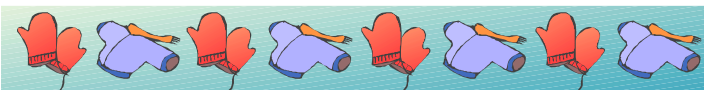
Listen for a radio spot on local radio stations. Also, look for a display at the Tompkins County Public Library.

March is approaching quickly.



## Emergency Information

If we can't deliver meals because of weather or some other emergency, there will be an announcement on the radio and a special message at 266-9553. Foodnet Meals on Wheels does not usually cancel deliveries because of weather unless it is severe enough to cause the public schools to be closed because of unsafe road conditions.



Help  
Strike out  
Senior  
Hunger  
by  
2020



**Donate Your Vehicle!**  
Tax deduction • Free towing  
**1-888-MOW-KAR1**  
(1-888-669-5271)

Hours:  
Monday - Thurs: 8 am - 7 pm (EST)  
Friday: 8 am - 5 pm (EST)  
Saturday: 9 am - 4 pm (EST)  
Sunday: Closed

Donate Online:  
[www.foodnet.org](http://www.foodnet.org)

## Help with yard work & snow shoveling!

The Tompkins County Office for Aging maintains a listing of people who are willing to do yard work and snow shoveling for seniors on either a paid or volunteer basis. Contact the Office for Aging at **274-5482** for more details.



## RE-HEATING INSTRUCTIONS FOR FOODNET MEALS

We get calls now and then that someone has misplaced their re-heating instructions for the meals and frozen, weekend meals. Below are directions for re-heating both.

### TO RE-HEAT A HOME DELIVERED MEAL:

1. Peel back lid or slit each compartment to vent.

2. **Microwave Oven:**

Re-heat meal for 2-3 minutes on HIGH.

**Conventional Oven:**

Preheat oven to 350 degrees F, place meal on a cookie sheet and heat for 10 minutes maximum.

**\*\* DO NOT USE A TOASTER OVEN TO RE-HEAT MEALS\*\***

### TO RE-HEAT A FROZEN MEAL:

1. Peel back lid or slit each compartment to vent.

2. **Microwave Oven:**

Re-heat meal for 3-5 minutes (max) on HIGH.

**Conventional Oven:**

Pre-heat oven to 350 degrees F, place meal on a cookie sheet and heat for 30 minutes (max)

**\*\*DO NOT USE A TOASTER OVEN TO RE-HEAT MEALS\*\***



## Every Contribution Helps!

Big or small, your contribution at mealtime helps Foodnet Meals on Wheels provide meals to people who need our services. Without your donations, there are many people who would have to go without. Everyone can help!

Laughter is the sensation of feeling good all over, and allowing it principally in one spot.

Bob Hope