



## FOODNET MEALS ON WHEELS



# JUNE NEWS & INFORMATION

JUNE 2010



## Farmers Market Coupons: No Information Yet

The Farmers Market Nutrition Program supports local farmers by providing coupons for fresh fruits and vegetables to eligible seniors. Coupons are distributed through the county Office for the Aging, with help from Foodnet and Cornell Cooperative Extension.

We have not yet heard any details for this year's program. We do not know when the coupon booklets will arrive; they have come in July in recent years. We will send out a flier with information when we receive it.

Foodnet Meals on Wheels is a not-for-profit corporation funded by the New York State and Tompkins County Offices for the Aging, U.S. Administration on Aging, voluntary contributions from participants, and charitable gifts from individuals, businesses and foundations.

**It's that time again!**

**Foodnet Meals on Wheels is about to celebrate our 23rd annual picnic. It will be held on Friday, June 25, 2010, at the large, main pavilion at Stewart Park in Ithaca.**

**The picnic is always a great place to catch up with old friends and meet some new ones. It's also a way to meet the Foodnet Meals on Wheels staff.**

**Social Hour is from 10:30 to 12 noon. The meal is served at 12 noon.**

**The meal will include:**

- 'Cornell-style' Chicken breasts
- Baked Beans
- Potato Salad
- Dinner Roll
- Watermelon

**If you plan on attending, please make reservations at 266-9553 by June 22, 2010.**

**Hope to see you there!**



## FOODNET MEAL TRAYS

**Foodnet Meals on Wheels uses a fiber board three-compartment tray with a clear cover to serve our home-delivered meals. The clear cover lets the recipient see what the meal is.**

**These trays can be reheated in a microwave or a conventional oven. The trays should not be used in a toaster oven. When finished,**

**you can rinse the tray and put it in your curbside recycling bin. On occasion, you may receive an aluminum container. This would be due to availability or kitchen schedule.**

**For directions on proper reheating, please call our office, 266-9553. We will gladly get a copy to you.**

## THE SERVICE LEAGUE

Do you have clothing items, footwear, or accessories that you no longer want or need? Are the items in good, ready-to-wear condition? Would you like to buy quality used clothing, footwear and accessories? If so, why not take a trip to the Service League.

The Service League is a nonprofit organization which was founded in 1949 by six local women and operates a used clothing shop staffed by approximately 60 volunteers. The Service League accepts "good used" clothing and footwear on consignment or donation.

After considering grant applications, the Service League board distributes the profits from the store to nonprofit organiza-

tions located in Tompkins County.

If you are interested in shopping, consigning, or even volunteering, the Service League shop is located at 104 West Seneca Street, Ithaca, NY in the Women's Community Building (lower level) or you can call the Service League Shop at (607) 272-2120.



TAKE THE PLEDGE TO  
**END SENIOR  
HUNGER**

**Take the pledge to end senior hunger.**

Signup online or sign our special tablecloth when you visit our kitchen or one of our service locations. Com-

plimentary "Pledge Badge" button while supplies last. Our website is [www.foodnet.org](http://www.foodnet.org)



## Assistance with Yard Work

**Do you need help keeping your lawn neat? Do you need some raking done?**

**The Tompkins County Office for the Aging maintains a list of people who are willing to help with yard work either on a paid or volunteer basis.**

**For more information, simply call the Office for the Aging at (607) 274-5482.**



## ODDS AND ENDS

### DATES TO REMEMBER

**June 14-Flag Day**

**June 20-Father's Day**

**June 21-Summer**

### SAVE THE DATE

**July 31-Sufferjets Roller Derby Bout vs. Utica to benefit Foodnet Meals on Wheels at Cass Park Rink—7pm**

**Tailgating before bout—6pm**

