



FOODNET MEALS ON WHEELS

MARCH2011

MARCH TALES O'INTEREST

March For Meals



Table cloth with signatures from 2010 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 cele-

bration 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.



Steve Griffin, Foodnet Executive Director, Will Burbank, County Legislator (District 12), and Bill Demo, Foodnet Board member discuss meal preparation and delivery in Foodnet's kitchen.

News from Foodnet Meals on Wheels

Foodnet Meals on Wheels has been in its current location for 12 years now. In the past 12 years, Foodnet Meals on Wheels has continued to grow to serve more meals on a daily basis.

In February, the Foodnet Meals on Wheels Board of Directors held its annual meeting. Foodnet Meals on

Wheels bids farewell to William Tomek and James Henery from the Board and thanks them for many years of service.

Foodnet welcomes back Mary Opperman to our board of directors. We also welcome new member Alice Tewell and Zahra Chevannes, a student member of the board.

FREE TAX COUNSELING

FEB 3-APR 9, 2011

IRS trained and certified volunteers prepare free federal and state tax returns.

BY APPOINTMENT ONLY!

Call **273-1511** for an appointment at Life-long,

Or **533-4939** for Lansing Community Library,

Or **387-5623** for Ulysses Philomathic Library.

Home visits are available for taxpayers who are medically unable to travel, call

273-1511.



Help
Strike out
Senior
Hunger
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

HAPPY ST. PATRICK'S DAY

Enjoy this word search for St. Patrick's Day!

Y G H D P G E J G D A N C E H
R F O R N G R O I X T X L T F
P E A L N A O E M G E D N W Y
O H V A D D L A E P F E S O A
T W R O L C R E L N E X L B D
O O Q U L C O R R T A V M N S
F H C U H C B I N I K M U I K
G K Q Q P Y F E N J Z A D A C
O C I S U M V A R S K G Q R I
L Y D A L E K T E W E I V T R
D K E M S D D G U L T C C E T
Q C K C O R M A H S R N K I A
O U O P V W R W I S H U I R P
S L E V B I G F E I N W O A T
L E P R E C H A U N B J Q F S

dance	four-leaf clover
good luck	green
Ireland	jig
lucky	magic
music	orange
pot of gold	March
rainbow	saint
seventeenth	harp
shamrock	St. Patrick's Day
gold coins	wish
leprechaun	

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!

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

Foodnet Meals on Wheels also accepts 4 major credit cards— Mastercard, Visa, Discover, and Diner's Club.