

**Upcoming Meals on Wheels Delivery Holidays
In 2022**

- Independence Day.....Monday, July 4
- Labor Day.....Monday, September 5
- Veteran’s DayFriday, November 11
- Thanksgiving..... Thursday, November 24
and Friday, November 25
- Christmas.....Friday, December 23
and Monday, December 26
- New Year’s Day.....Monday, January 2, 2023



We provide each client with a box of 5 Miss Olive’s Ready Meals to fill the gap if we can’t deliver due to a holiday or bad weather. No refrigeration is needed.

If you use up your Miss Olive’s meals, please call us and we will send more.



Did you ever wonder why, as you age, you don’t want to eat as much?

The physiological changes that occur with aging that may interfere with appetite include:

- Changes to the digestive system
- Hormonal changes
- Disease and pain
- Changes to the sense of smell, taste, and vision
- Decreased need for energy

👉 *Meals on Wheels meals offer 1/3 the recommended daily nutrition for an adult.*

Sometimes it takes a conscious act of will to eat enough to stay nourished. Speak to your doctor for ideas on how to get the nutrition you need. If your doctor orders it, we can supplement your diet with liquid nutrition (Ensure or Glucerna). Call 828-692-4023 if you would like to know more about our liquid nutrition program.