

CNNECTIONS

THE QUARTERLY CLIENT NEWSLETTER OF MEALS ON WHEELS OF RIDGEFIELD, CT

SUMMER 2018

Welcome to the first Meals on Wheels client newsletter, and thank you for being a MOW client! We plan to send a newsletter every 3 months to give you some useful information and let you know what we have going on in the kitchen and around town.

By now, you've probably seen our annual MOW newsletter that we just mailed out to the entire Ridgefield community (give us a call if you didn't get one!). We won't repeat a lot of the information included there, but since this is our first client newsletter, we thought we'd give some highlights:

- We've been in business since 1972. We serve ~20,000 meals to ~125-150 clients in Ridgefield each year.
- We charge a nominal fee, and we haven't raised our fees in 7 years. We never turn away a client for financial reasons – if you ever need assistance, please call the kitchen.
- Our fees only cover ~1/3 of our costs, and we fundraise to cover the rest. Many individuals, businesses and civic organizations in town donate to help keep our wheels turning.
- We have only 5 part-time employees and over 140 volunteers, including all those friendly drivers who bring the meals to your door 3 days a week!
- We are available for ANYONE in Ridgefield who can't prepare their own meals regardless of age or income. Did you know we also offer our service on a short-term basis, for example, when recovering from an illness or surgery?



SUMMER MENU HIGHLIGHTS

The summer menu is out! We are featuring BBQ Chicken, Shrimp Risotto, Spaghetti & Meatballs, Quiche, Salmon, Stuffed Vegetables, Beef Tips, Cod and Vegetarian Lasagna. Bon appetit!



When your meals come, do you eat the hot entrée for your noon meal? Some MOW clients prefer to eat the freshly prepared dinner meal for lunch. And why wouldn't you...it's still warm from the kitchen! Then that evening, you can have a nice salad, sandwich and fruit salad for a light dinner meal. But if you don't eat your meals backwards, the dinner meals heat up nicely in the microwave.



SUMMER NEW CLIENT PROMOTION & “REFER A FRIEND” PROGRAM



We are launching a promotion for new clients who sign up this summer: their first delivery (2 days of meals) will be free. Do you know someone who would be interested in trying MOW, even on a short-term basis? Please let them know about us, and if you refer someone we will also give you your next delivery (2 days of meals) for free. It's our thank you for helping to spread the word - make sure your friend lets us know that you referred them.



RECYCLING

We often get questions about recycling our packaging.

Unfortunately, we can't re-use containers due to food safety issues. But most all of our packaging materials are



recyclable, including plastic food trays and lids, aluminum trays, paper bags, paper containers and milk cartons. Just rinse any food off and put them in with your recycling. It's easy to do and good for the environment!

SURVEY

If you haven't filled out and returned your survey yet, please do so soon (if you need a new survey form, please call the kitchen). We'll include a summary of the survey results in our next quarterly client newsletter.

COMPLIMENTARY HOLIDAY MEALS



As you know, we offer complimentary holiday meals sponsored by local businesses or civic organizations. This past year, the Easter meal was sponsored by Adam Broderick Salon, the Thanksgiving meal was sponsored by the Ridgefield Lions Club and the Christmas meal was sponsored by the Ridgefield Rotary Club. We are pleased to announce that a new sponsor has agreed to provide a complimentary Labor Day meal starting this year – keep an eye out for a special meal

to be delivered to all clients on September 3rd, at no charge!

DELIVERY OPTIONS



Did you know that your driver would be glad to bring your meals inside and put them away for you? You can either call the kitchen so we can let all drivers know, or just ask the driver when they come to your door.

Did you know you can put a cooler outside for the meals if you can't easily make it to the door or if you won't be home at time of delivery? If you prefer that the meals be left in a cooler, please call the kitchen so we can let all the drivers know, or you can just leave a note on your door to leave meals in the cooler if you are out. During the hot summer months, if your meals are left outside in coolers, make sure to take them inside and refrigerate them as soon as possible.

SUMMERFEST

If you plan to attend the Ridgefield Summerfest event on Saturday July 21, make sure to stop by the MOW booth and say hello. We will be offering free cookies and refreshing lemonade.

ENJOY THE SUMMER!