

SEPTEMBER
2026



Our mission is to assist individuals to live independently by providing nutrition and caring, supportive services.

All meals are served with 8 oz of 1% low-fat milk and one loaf of whole wheat bread.

811 23rd Avenue East, Bradenton, FL 34208
(941) 747-4655 | MealsOnWheelsPLUS.org

Senior programs partially funded with support from



PET FOOD AVAILABLE

We can help with food for your pet—Dogs or cats—twice a month, free of charge! Please call for delivery schedule.



Milk cartons are kept on ice during transport to ensure they arrive cold. Contents may be slightly frozen at delivery. Please shake milk well before drinking.

Tuesday

Wednesday

Thursday

Friday

Weekly Meal Delivery for Tuesday Clients

Produce Day for Tuesday Clients

Weekly Meal Delivery for Wednesday Clients

Produce Day for Wednesday Clients

Weekly Meal Delivery for Thursday Clients

Produce Day for Thursday Clients

Weekly Meal Delivery for Friday Clients

Produce Day for Friday Clients

Weekly Meal Delivery for Tuesday Clients

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Weekly Meal Delivery for Friday Clients

Weekly Meal Delivery for Tuesday Clients

Weekly Meal Delivery for Wednesday Clients



***** DELIVERY BETWEEN 10 AM-2 PM. PLEASE BE HOME.*****

Please note: Meals are subject to change without notice. Please plan ahead to store meals in your freezer. Make sure to read the food storage and reheating instructions.

THIS TOPIC IS COMPLEX (CARBS!)

Choosing the right kinds of carbohydrates can help you maintain steady energy levels, support heart health, and manage blood sugar.

Carbohydrates can be broken into 2 groups: complex and simple. **Complex carbohydrates** are packed with fiber, vitamins, and minerals. Because they digest more slowly, they provide lasting energy and help you feel full longer.

Simple carbohydrates are digested quickly and can cause blood sugar to rise and fall rapidly. These are often found in sugary drinks, candy, pastries, cookies, and white bread. While naturally occurring simple sugars in fruits and milk also fall into this category, these foods contain important nutrients and can still be part of a healthy diet.

HOW DO YOU CHOOSE HEALTHY CARBS?

Looking for the whole grain symbol or the words "100% whole grain" or "whole wheat" can help you identify healthier choices. Even small changes like mixing brown and white rice can make a difference!

Complex Carbohydrates to Add to Your Diet:

- Whole-grain Bread
- Brown Rice
- Beans
- Sweet Potatoes and Other Vegetables
- Oatmeal
- Quinoa
- Lentils

Recommended Meal Preparation and Care

Milk: Please refrigerate the milk as soon as the volunteer gives it to you. *Shake before serving.*

Microwaving and THAWING Meals:

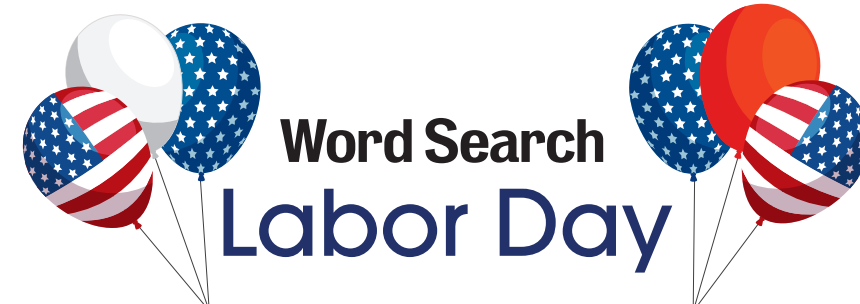
Thaw the meal the day before in the refrigerator. Poke a hole over each section. Heat the meal in the microwave on Medium for 4-5 minutes. Stir and let stand for a minute.

Heating Meals in the Oven from FROZEN:

Preheat oven to 300°F for optimal flavor and tenderness. Remove film and place entrée on a sheet pan on middle rack. Heat for 30-35 minutes.

REMINDER:

If you are experiencing any symptoms of illness such as fever, body aches, coughing, vomiting, chills, etc., or have tested positive for flu/COVID, please contact Client Services at **941-747-4655** to let us know, so that we can check on you and our volunteers can safely distance themselves during meal-delivery.



Word Search Labor Day

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

BACKYARD
BARBECUE ★
BEACH
CELEBRATE
END OF SUMMER
FAMILY
FEDERAL

FRIENDS
HAMMOCK
HISTORY
HOLIDAY
JOB
LABOR
PARADE

PARTY
RELAX
REST
RIGHTS
SEPTEMBER
SHOP ★

TRADE
TRAVEL
UNION
VACATION
VISIT
WORKERS

