

## Mission Update – Meals on Wheels

Meals on Wheels is one of many area programs to provide meals to senior citizens who are in need due to “Food Insecurity”. Food insecurity is defined as not having reliable access to a sufficient quantity of affordable, nutritious food. Delivery of a hot, balanced meal is provided five days a week by willing volunteers who not only deliver the meal but check on the clients each day. The meals are only \$4.00 per day. Sometimes this is the only personal contact the clients may have. These visits have been, on at least two occasions for St. Paul volunteers, life-saving as they called for help when the client was in distress. Feeding the Valley is our “kitchen”, preparing the meals and delivering them to St. Paul for pickup. Over 100 meals go out daily from Feeding the Valley to the multiple partners and churches who deliver the meals.

How does St. Paul help? Currently, St. Paul has 65 wonderful volunteers, spread over the two teams who deliver every other month. Time commitment is less than 2 hours, six times a year. Faith Curran, Meals on Wheels Chair, sends out newsletters each month to those who will be delivering that month and postcards to those who are not as a reminder. Are you aware of someone in need? Enrollment in the program is based on certain requirements. For more information about Meals on Wheels, email Tammy Reynolds at [tjreynolds3@gmail.com](mailto:tjreynolds3@gmail.com) or call the church office.