



Fluvanna Meals on Wheels, Inc.

October 2017

Dear Emergency Food Bag Supporter:

This is the 7th consecutive year we are asking the community to help provide an Emergency Food Bag (E-Bag) to each of our clients in Fluvanna County. Each E-Bag contains five full meals to be used in the event we are unable to deliver their noon meal because of inclement weather and dangerous road conditions.

We are grateful for the support of individuals, businesses, and/or organizations who choose to donate E-Bags for our clients. Monetary donations are also welcome to support this program (each filled bag is around \$20-25).

For each E-Bag, please choose five items from each of the first three categories listed on the E-Bag Contents sheet. You may also choose two items from the last category. We are looking for low sodium or no salt added and low sugar items as most of our clients are senior adults and have specific health and dietary needs. ***Please purchase single-serving items and make sure to check the expiration dates – these dates should be after July 2018.*** We will provide the bag or container for you to put the food in, and you may put a personal note in each bag if you wish.

Please bring your E-Bags to our Meals on Wheels office **November 6 through 17, 2017**, so we can deliver to our clients before the winter storms roll in. Our office hours during these two weeks will be from 8:00 am to 11:30 am and 1:00 pm to 4:00 pm Monday through Friday. We ask you to notify the office staff or leave a note with your name and the number of bags you deliver for tracking purposes. Please feel free to email or call the office (434-589-1685) or contact Cindy Wilson at (434-989-8593) should you have any questions or need to make special arrangements regarding delivery to us.

Thank you for participating in our Emergency Food Bag program!

105 Crofton Plaza, Suite 8, Palmyra VA 22963
(434) 589-1685

www.mealsonwheelsfluvanna.org

Email: fluvannamealsonwheels@embarqmail.com

E-Bag content on the reverse 



EMERGENCY FOOD BAG (E-BAG) CONTENTS

Each of our clients will receive one E-Bag containing five days of nonperishable *entirely prepared food* in case inclement weather prevents our drivers from delivering the regular hot meals.

Because our clients have specific health and dietary needs, please choose ONLY from the items listed below using **LOW SODIUM and LOW SUGAR items**.

**PLEASE CHOOSE 5 ITEMS PER BAG FROM EACH OF THE FOOD GROUPS LISTED
(protein, fruit, vegetable)**

- **PROTEIN** - Choose 5 food items from the following list:
 - Low Sodium Soups or Stews
 - Canned Meat – tuna, chicken, salmon
 - Beans
 - Peanut Butter (low salt or unsalted variety)
 - Jars or Cans of Unsalted Nuts

- **FRUIT** - Choose 5 food items from the following list:
 - Canned fruit in fruit juice (mandarin oranges, pears, peaches, mixed, etc.)
 - Dried fruits (banana, cherries, apricots, raisins, etc.)
 - Applesauce

- **VEGETABLE** - Choose 5 canned food items that are Low Sodium or No Salt Added:
 - Green beans, peas, carrots, corn, etc.

PLEASE CHOOSE 2 ITEMS FROM THE FOLLOWING LIST

- Box of Saltine or Ritz crackers
- Box of Graham crackers, granola bars, cereal bars
- Packs (6 or 12) of 100% fruit juice (in single-serving sizes)

NO CANDY OR COOKIES PLEASE

Products in single-serving size with easy open containers are the best for our clients. Be sure to check the food expiration dates – the expiration dates should be any time *after* July 2018.