



Please call
695-5610 the day
before by no later than
10:00am if you will not be
home and need to cancel
your meal. Thank
you!

We now have voicemail! You can now call after 5:00pm and on weekends and leave a message for us to come back to!

Beginning April 4th, if you are not home when meals are being delivered a door hanger will be left on your door letting you know that we missed you. It will also serve as a friendly reminder to give us a call if you know you won't be home!

Eat More Blueberries!

- One of the healthiest fruits on the market
- Inhibits cancer development
- Can help prevent urinary tract infections
- Assists in maintaining normal blood pressure
- Help reduce blood sugar and symptoms of depression
- Enhances memory
- Reduce inflammation
- Promotes better digestion



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To strengthen, with dignity and respect,
the quality of life for all citizens through
supportive services and advocacy

Senior Nutrition Services PO Box 207, Newton, NC 28658
(828) 695-5610 www.catawbacountync.gov/dss/

Food and Health Safety:

- Wash your hands before handling food and often during food preparation
- Wash your hands after going to the toilet
- Wash and sanitize all surfaces and equipment used for food preparation
- Protect kitchen areas and food from insects, pests and other animals



Keep Clean!



National Peanut Butter
and Jelly Day

www.NationalDayCalendar.com

April 2

Classic peanut butter and jelly delivers vitamins and minerals. If you left peanut butter and jelly sandwiches behind in your childhood, it just might be time to try one again. Even though jelly has sugar, the combination of peanut butter and bread provides protein, B vitamins, iron and zinc. Peanut butter is also a good choice for healthy unsaturated fats.



Catawba County United Way
Community Partner



APRIL

