



Make a difference

Sponsor Home Delivered Meals

Home Delivered Meals helps local seniors receive a nutritious meal daily. Many senior adults are at risk of poor nutrition because:

- * **They eat fewer than two meals a day and skip breakfast.**
- * **They eat few fruits and vegetables.**
- * **They lack money to purchase food.**
- * **They have appetite-changing health problems.**

You can help sponsor Home Delivered Meals.

Sponsor one meal a day for one week for \$21.

Sponsor one meal a day for one month for \$92.

**Make your check payable to:
Catawba County Social Services.
Mail your donation to:
Catawba County Social Services
Attn: Jan Shaffer
P.O. Box 669
Newton, NC 28658**



**Home Delivered Meals
is a part of
Catawba County
Social Services
Nutrition Services.**

**For more
information, call:
828-695-5617.**

**END SENIOR
HUNGER
BY 2020**