

Food & Friends Facts...

Good nutrition and social interaction are key components of staying healthy as one grows older. Poor nutrition can result in a significant loss of both physical and mental health.

- Volunteers deliver about 15,000 meals each month to individuals living independently at home who for health reasons cannot make their own meals.
- Food & Friends serves about 4,000 meals a month at our meal sites.
- The Food & Friends program needs community support to continue to meet the growing demands for this service.



"I want to thank you and tell you that I'm very grateful for the care that you give us older people. I'm grateful and I appreciate your concern and all the work that you do to make us comfortable and fed. Thanks again."

- Catherine

Food & Friends Meal Sites...

Jackson County

Ashland: Ashland Multi-Purpose Center

Eagle Point: Senior Community Center

Jacksonville: IOOF Hall

Medford: Lions Sight & Hearing Center

Rogue River: Community Center

Shady Cove: St. Martin's Episcopal Church

Talent: Community Center

Central Point, Gold Hill, Phoenix, White City -
Home delivery only

Josephine County

Cave Junction: Josephine County Building

Grants Pass: 4-H Extension Building

Merlin: Community Center

Wilderville: Wilderville United Methodist Church

Wolf Creek: Community Building

Williams: Home delivery only



Volunteer to Feed the Need



PO Box 3275

Central Point, OR 97502

Phone: 541-734-9505 or 541-955-8839

www.rvcog.org

A United Way Agency



**The Meals on Wheels
and Senior Meals
Program
of Jackson and
Josephine Counties**

Food & Friends is....

A senior nutrition program designed to support independent living. Balanced nutrition and social contact, on a frequent basis, are key to maintaining good health and necessary for living independently at home.

Meals are normally delivered weekdays between 10:00 AM and 12:00 PM and are served on site weekdays between 11:30 AM and 12:30 PM.

Times and days vary by meal site.

It's more than a meal...

In many cases volunteers are the only people our seniors see on a given day. We not only provide a meal, we provide vital social contact and a safety net for our seniors.

Volunteers are always welcome...

Many people are needed to deliver smiles and meals each day. Volunteers generally commit to two hours, one day a week.

Individuals

Feel the satisfaction that comes from helping others in need of nourishment and a friendly face.

Families

Come together to give back to your community.

Organizations

Form a dedicated volunteer team of co-workers to help near your workplace. This is a great opportunity for businesses, service groups and other agencies.

We need caring people who will ...

Deliver Meals to Homebound Seniors

- Drivers use their own vehicles. (Mileage reimbursement is available and donations are tax deductible.)
- Meals are picked up at a central location.
- Training is provided.
- Volunteers complete an application and criminal background check.

Serve Meals at Congregate Sites

- Volunteers pack meals for delivery and serve seniors who come to the site.
- Volunteers complete an application and obtain a Food Handler's permit. (Testing is available online at ORFoodHandlers.com.)



*"We really enjoyed the volunteer driver who brought the meals; he was just delightful. It's the extra socialization; it's more than just bringing the meals. It got us through some hard times."
- Carol*

"To the drivers who bring me my food - I thank you with all my heart. It is a very caring and selfless thing you do for me & many others I'm sure. God bless your generous and loving heart." - Kathy

I would like to know more...

If you would like more information about Food & Friends, please mail in this form and we will be happy to contact you. Or call us at 541- 734-9505 (Jackson County) or 541- 955-8839 (Josephine County).

I would like to learn more about:

Receiving Meals

Volunteering: Site: ____ Delivery: ____

Donating to Food & Friends

Name: _____

Address: _____

City: _____ State: _____

Zip code: _____

Phone number: _____

Email: _____

Please mail your information to:

Food & Friends
PO Box 3275
Central Point, OR 97502

Thank you for your interest!