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.

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

"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 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 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

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.)

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!