

December 2018

When Reheating a home delivered meal, reheat to 165 degrees in the oven or place the meal in a microwave safe container and reheat to 165 degree in the microwave, checking the temperature every 15 seconds.

How to Join

You must have 60 years of life-time experience or be the spouse of someone attending. Completing a participant information packet makes you an official member.

Criteria for Home Delivered Meals

Medically homebound & unable to leave your home without the assistance of another person. An Assessment has to be done by an outreach worker in your home to determine eligibility.

This program is

funded by: Older Americans Act Grant from the INCOG Area Agency on Aging, and Participant Donations.

t t v y g y p t s k e s y d o a l r o y
 g a j l n e t i r s n l p z i f z i f s
 c f n w i k u a e l p o e p u t e n e l
 e r c o v r w r l z u r p f y e w a h t
 p i o l i u o a a l e a n m a e t s p g
 i e u s g t h l t t n c h r i s t m a s
 m n n t s v a r i e t y f r n s j i r o
 u d t a k c y r v e r o o a t s n o t n
 e s e e n t o a e d o l c e s w l o y g
 t i r m a a e n s d a k p r e s e n t s
 g c t e h l i s t c o s t i u r f c t l
 f k o e t k u a w a e m g s g h t s e f
 s e p e p w b o t c m h h p f i o a o s
 e b s m a l l p o r t i o n s r v t e t
 r h u s e g g n o g s l n i h e e i r p
 e p h f a y d t e m p e r a t u r e o g
 n n r c f s e o e p l a m a t o s e z f
 k y o j n e a s o s e l b a t e g e v e
 o r l a l u t l e f l l j s d z t g g r
 t e i v e t p e s h e a t f u l l y w h

crosscontaminate
 temperature
 countertops
 people
 christmas
 foodtable
 lowcalorie
 talk
 gainweight
 eggnog
 fizfiz
 ham
 presents
 joy

store
 safe
 poultry
 food
 buffet
 enjoy
 moderation
 eatslowly
 fruits
 punch
 eatsnack
 desert
 tree
 carols

leftovers
 meat
 freeze
 party
 leave
 smallportions
 songs
 guest
 vegetables
 water
 pumpkin
 heatfully
 friends

thaw
 wash
 raw
 thanksgiving
 seconds
 variety
 stories
 leavetable
 leanmaets
 plopplop
 turkey
 sick
 relatives

Reminders

Sites will be closed December 24th and 25th.