

# THE FOOD NEWS

Winter 2020



## LUNCH WITH FRIENDS

**Great Island  
Church of the Nazarene**  
1st Thursday of the month, Noon

- March 5
- April 2
- May 7

**Merriconeag Grange**  
2nd Thursday of the month, Noon

- March 12
- April 9
- May 14

**Cundy's Harbor  
Community Hall**  
3rd Thursday of the month, Noon

- March 19
- April 16

**Orr's Island  
Schoolhouse**  
Tuesdays weekly, Noon

- March 10, 17, 24, 31
- April 7, 14

**Lunch with Friends** and **Meals in a Pinch** would not be possible without the collaborative efforts of so many groups and individuals. We hope you will join us in thanking all of our supporters:

**Winter sponsors:** Harpswell Community School PTO, Harpswell Garden Club, American Legion, Harpswell Heritage Land Trust, Islands Community Church, Knit Wits, Willing Helpers, Orr's Island Book Group, MINGO, Orr's Island Library, Orr's Bailey Yacht Club, Homes and Harbors Real Estate, Ocean Waves Quilters, Harpswell Business Association, Roxanne York Real Estate, Harpswell Community TV, Harpswell Neck Fire and Rescue, Harpswell Indivisible and Chef Stef.

**Our venues:** Great Island Church of the Nazarene, Merriconeag Grange, Cundy's Community Center and Orr's Island Schoolhouse, Bailey Island Union Church and for our cooking group, Elijah Kellogg Church.

Grant funds have been provided this year by the Bowdoin Center for the Common Good and the Maine Women's Giving Tree. In addition, HAH receives generous support from the Town of Harpswell, and there are now approximately 200 individual cooks who contribute to **Lunch with Friends** and **Meals in a Pinch**.

If you are unable to get out to the lunches but would like an occasional meal delivered to you, contact Julie Moulton at [jamoultonhah@gmail.com](mailto:jamoultonhah@gmail.com) or (207) 330-5416.

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### Winter Weather Cancellations

If SAD 75 schools are closed, **Lunch with Friends** will be postponed. If school has a 2-hour delay, lunch will take place.

If the Grange needs to cancel, **Lunch with Friends** would be postponed to the Friday of the same week; if the Schoolhouse has to cancel, lunch will take place on Thursday of the following week. Replacement dates for canceled Great Island and Cundy's Harbor lunches are still to be determined.

## Recycling/Composting

Harpswell Aging at Home's interest in caring for our community extends beyond its people — we also want to make sure we consider our environmental impact.

That's why this fall we began separating our recyclable and compostable waste at our **Lunch with Friends** events. Since we're serving upwards of 80 people at our lunches, we're recycling and composting a lot of waste that previously went into the trash.

Now, the amount of actual trash going to the transfer station is minimal.

We appreciate your help in this effort by placing waste materials in the appropriately labeled receptacles for recycling and compost.

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## HAH Food Team Cooking Group

The Harpswell Aging at Home Food Team Cooking Group meets year-round to support the **Lunch with Friends** and **Meals in a Pinch** programs. The cooking group gathers from 1-3 p.m. on the third Wednesday of each month at the Elijah Kellogg Church.

### Meals in a Pinch

And, while **Lunch with Friends** takes the summer off, **Meals in a Pinch** is a year-round program.

We have recently been able to support more Harpswell residents who can use a good, home-cooked meal. One recent recipient bubbled: "Lasagna... Oh, I have wanted lasagna for so long."

If you or someone you know could use a home-cooked meal delivered to them — or if you would like to join the HAH Food Team Cooking Group — contact Julie Moulton at [jamoultonhah@gmail.com](mailto:jamoultonhah@gmail.com) or (207) 330-5416.

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We are interested in your feedback about our food programs in order to evaluate their effectiveness and to improve what we provide. For more information on any of the HAH food programs, to provide feedback, or volunteer to cook or sponsor a lunch, contact Surrey Hardcastle at (207) 833-0092 or [surreysh@comcast.net](mailto:surreysh@comcast.net).