



## **IMPORTANT ANNOUNCEMENT**

June, 2020

Harpswell Aging at Home has been pleased to provide the Meals To Go program with the support of hundreds of Harpswell neighbors. It began in response to the pandemic on March 17 and when it ends will have provided 18 weeks of Meals To Go. June 30 will be the last day of Meals To Go. (Fall plans will be announced later.)

### **What does this mean for you?**

Some seniors may transition to HAH's Meals in a Pinch program which has been offered the past two summers. Others may choose not continue to receive meals because they are able to shop and cook on their own or they may use other HAH and community supports to ensure that they are able to obtain food. Please see information about MIP and other HAH/ community services below.

### **Meals in a Pinch (MIP)**

This program delivers meals to seniors who:

- find it difficult to prepare nutritious meals for themselves,
- have difficulty obtaining food for practical or financial reasons,
- or have health issues (themselves, spouses or caregivers) that make proper meal preparation difficult.

When? every other Tuesday from July 7- Sept 15. (July 7 and 21, Aug. 4 and 18, Sept. 1 and 15).

What will be delivered? four fresh and/or frozen meals per person

Where? Meals will be delivered directly to the senior's door in late morning. Meals are being assembled at the Nazarene Church on Rt. 24.

How to sign up/questions: contact Julie Moulton ([juliemoulton28@gmail.com](mailto:juliemoulton28@gmail.com) or 330-5416) who will administer the program.

**For those who will not be part of the Meals in a Pinch Program**, there are many resources available to help to secure food. Please see our flyer for:

- information regarding pick up shopping options at local food stores,
- shopping help through HAH and HAH's transportation partner, People Plus,
- food mobiles twice weekly within Harpswell and,
- information about MidCoast Hunger's many programs including those which will deliver food to Harpswell seniors.

If you need help understanding your options, please call the Town Office at 833-5771.

We hope Meals To Go has been useful to you as we have transitioned to a new way of living. We would love to hear from you if you have comments or suggestions about the program. Contact Surrey Hardcastle ([surreysh@comcast.net](mailto:surreysh@comcast.net) or 833-0092).

From all of us at HAH, we wish you a healthy and safe summer while we appreciate beautiful Maine.

Surrey Hardcastle (chair) and the entire HAH Food Team