



# 308-234-3000

### How to find out about meal cancellations:

If we have to cancel meals due to weather or other emergencies, we will add our cancellation to the school closings list on the local news.

We will also send an automated phone or text message. If you would like to receive phone or text updates about Meals on Wheels, please call the office at 308-234-3000.

We post cancellations and other information on our Facebook page, Meals-on-Wheels—Kearney Area. Check out our page and follow us!

- **Need to report a change to your meal delivery?** Please call us by 10 a.m. the previous day.
- **Please be home to take delivery of your meal.** For safety reasons, we cannot leave meals at the door, and for financial reasons, we must bill you if you aren't home to receive your scheduled meal.
- **Meal delivery starts at 10:45.** Some days may take longer than others to deliver your meal, depending on the number of deliveries.
- **If Kearney Public School closes due to weather, Meals on Wheels will not be delivered.** You can find out about weather closings on our Facebook page or by watching the closings on the local news.
- **Most importantly, we're here for you!** Call 308-234-3000 and they will be glad to answer your questions or assist you in any way they can.



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**Meals on Wheels will be closed on  
Thursday, January 1st & Monday, January 19th in  
observation of New Year's Day & Martin Luther King Jr. Day**

## **Commodity Supplemental Food Program (CSFP)**

The Commodity Supplemental Food Program (CSFP) provides nutritious supplemental food to seniors 60 years of age and older. CSFP does not provide all the food a person needs. It provides supplemental food with good sources of nutrients which may be lacking in the diets of participants.

### **Participants Receive**

- UHT milk and non-fat dry milk
- Fruits & vegetables—canned fruits and vegetables, canned juices
- Cereals
- Rice, spaghetti, macaroni
- Canned meat
- Peanut butter/dry beans
- Cheese-reduced fat

### **Elderly Income Guidelines**

1 person household	\$1,632 monthly	\$19,578 annually
2 person household	\$2,215 monthly	\$26,572 annually

(These guidelines are based on 130% of the federal poverty guidelines and are effective until notification of change of income guidelines.)

All commodity foods are supplied by the USDA. They do not need to be refrigerated until they have been opened, except for the cheese, which must be refrigerated.

To qualify, participants must set up an appointment and bring proof of address and either an ID or Driver's License. Please call Community Action Partnership of Mid-Nebraska Commodity Foods at **308-865-5683 Extension 1 or 2** to request an appointment.

# Chopped Cobb Salad

## Ingredients:

- 3 cups chopped iceberg lettuce
- 1 roasted chicken thigh, diced
- 1 stalk celery, diced
- 1 carrot, diced
- 1 hard-boiled egg, diced
- 1 tablespoon crumbled blue cheese
- 2 tablespoons honey mustard vinaigrette

## Directions:

Arrange lettuce, chicken, celery, carrot, egg and blue cheese in a salad bowl or sealable container. Before serving, drizzle with dressing.



# Creamy Rotisserie Chicken Salad

## Ingredients:

- 2 cups chopped rotisserie chicken
- 3/4 cup chopped celery
- 1/3 cup lemon-herb aioli (see note)
- Black pepper

## Directions:

Combine chicken and celery in a medium bowl. Fold in aioli and mix well to combine. Season with pepper.

## Note:

Look for lemon-herb aioli with other condiments in your grocery store. Alternatively, you can use lemon-flavored mayonnaise and add chopped fresh or dried herbs to taste—dill and tarragon would be delicious.



# Chickpea “Chicken” Salad

## Ingredients:

- ½ cup canola mayonnaise
- 3 tablespoons chopped fresh flat-leaf parsley
- 2 tablespoons chopped fresh dill
- 1 ½ teaspoons country-style Dijon mustard
- ½ teaspoon kosher salt
- ½ teaspoon smoked paprika
- ¼ teaspoon ground pepper
- 2 (15 ounce) cans no-salt-added chickpeas, rinsed
- ½ cup chopped celery (from 2 stalks)
- ¼ cup finely chopped shallot (from 1 large shallot)

## Directions:

Combine mayonnaise, parsley, dill, mustard, salt, paprika and pepper in a bowl. Add chickpeas, celery and shallot; stir until well coated.



# Roasted Veggie Mason Jar Salad

## Ingredients:

- 2 tablespoons creamy vegan cashew sauce
- 1 cup roasted tofu
- 1 tablespoon pumpkin seeds
- 1 cup roasted vegetables
- 2 cups mixed greens

## Directions:

Layer into a 4-cup jar, in this order: sauce, tofu, pumpkin seeds, veggies and greens. Close tightly and refrigerate for up to 5 days.



**INSERT MENU HERE**

MEALS ON WHEELS—KEARNEY AREA

PO BOX 1236

2715 AVENUE I

KEARNEY NE 68847

[www.kearneyhousingagency.com](http://www.kearneyhousingagency.com)

**So Much Thanks To Our Volunteers From:**

**St. Luke's Episcopal Church, Living Faith Fellowship,  
First Presbyterian Church, New Life Church, St. James Catholic  
Church, First Lutheran Church**

