



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!



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- **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.

Meals on Wheels will be closed Monday May 26th in observation of Memorial 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

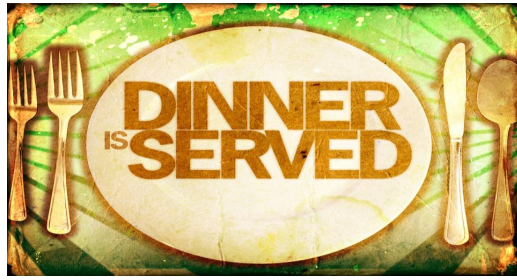
Elderly Income Guidelines

1 person household	\$1,696 monthly	\$20,345 annually
2 person household	\$2,292 monthly	\$27,495 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.



Kearney Jubilee Center
2024 Community Dinners
Thursdays at 5:30P
(Doors Open at 5P)

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March 21st Hosted at 1st Lutheran Church
March 28th Hosted at
Old Town Hall -1900 Central

Apr 4th to June 27th Hosted at
Holy Cross Lutheran
3315 11th Ave

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Questions:

Contact Kearney Jubilee – 308.234.3880

*Cancellations will be posted on
Facebook at Kearney Jubilee Center: Thrift Store
& NTV Weather Closings List*

Cinnamon-Roll Overnight Oats

Ingredients

- 2 1/2 cups old-fashioned rolled oats
- 2 1/2 cups unsweetened nondairy milk, such as almond or coconut
- 6 teaspoons light brown sugar
- 1 1/2 teaspoons vanilla extract
- 1 1/4 teaspoons ground cinnamon
- 1/2 teaspoon salt



Directions

Stir oats, milk, brown sugar, vanilla, cinnamon and salt together in a large bowl. Divide among five 8-ounce jars. Screw on lids and refrigerate overnight or for up to 5 days.

Chocolate-Peanut Butter Protein Shake

Ingredients

- 1 cup unsweetened vanilla soymilk
- 3/4 cup sliced frozen banana
- 1/2 cup reduced-fat plain Greek yogurt
- 1 tablespoon cocoa powder
- 1 tablespoon natural peanut butter

Directions



Combine soymilk, banana, yogurt, cocoa powder and peanut butter in a blender; blend until smooth.

Pinwheel Sandwiches

Ingredients

- **3/4 c.** mayonnaise
- **2 tbsp.** ranch seasoning
- **8** (10") flour tortillas
- **8 oz.** sliced American or cheddar cheese
- **1 lb.** deli-sliced baked ham
- **1 lb.** deli-sliced turkey breast
- **16** butter lettuce leaves

Directions

1. In a small bowl, mix mayonnaise and ranch seasoning.
2. On a clean surface, lay tortillas flat. Spread each tortilla with 1 tablespoon mayonnaise mixture. Place 2 to 3 slices cheese on bottom two-thirds of each tortilla. Top cheese with ham and turkey. Top meat with 2 to 3 lettuce leaves and tightly roll up.
3. To serve right away, slice into 1" rounds and arrange on a platter. To make ahead, place seam side down on a baking sheet and refrigerate up to 6 hours. Slice when ready to serve.

Chicken Salad Sandwich

Ingredients

- **2 lb.** boneless, skinless chicken breasts (3 to 4)
- **6 c.** low-sodium chicken broth or water
- **2 tbsp.** seasoned salt (such as Lawry's) or kosher salt, divided
- **1/3 c.** full-fat Greek yogurt
- **1/3 c.** mayonnaise
- **2 tbsp.** chopped fresh parsley
- **1 tbsp.** plus 1 1/2 tsp. chopped fresh dill
- **1 tbsp.** grainy or smooth Dijon mustard
- **1/2 tsp.** finely grated lemon zest
- **2 tbsp.** fresh lemon juice
- **2 stalks** celery, chopped
- **1** small red onion, chopped
- **1/4 c.** chopped dill pickles (about 2 spears)
- **3/4 tsp.** freshly ground black pepper



Directions

1. In a large pot over medium-high heat, combine chicken, broth, and 1 tablespoon plus 1 1/2 teaspoons seasoned salt. Bring to a boil, then reduce heat to medium, cover pot, and cook until chicken is cooked through, about 10 minutes. Transfer chicken to a cutting board. Let rest 5 minutes.
2. Meanwhile, in a large bowl, stir yogurt, mayonnaise, parsley, dill, mustard, lemon zest, and lemon juice until smooth.
3. Cut chicken into 1/4" cubes and add to yogurt mixture, tossing to coat. Add celery, onion, pickles, pepper, and remaining 1 1/2 teaspoons salt and mix until well combined. ahead, place seam side down on a baking sheet and refrigerate up to 6 hours. Slice when ready to serve.

TORTELLINI PASTA IN GARLIC SPINACH TOMATO SAUCE

INGREDIENTS

8oz (220g) uncooked tortellini
1 tablespoon olive oil
1 medium onion, minced
4 Roma tomatoes, diced
2 cups fresh spinach, roughly chopped
3 garlic cloves, minced
Salt and fresh cracked pepper
1/4 cup (60ml) vegetable stock
Crushed red chili pepper flakes



DIRECTIONS

1. To make this **tortellini pasta** in garlic spinach tomato sauce: Heat 1 tablespoon olive oil over medium heat and cook onion until fragrant and translucent. Add fresh tomato and season with salt, pepper, and red pepper flakes. Simmer for 3 or 4 minutes, stirring from time to time.
2. Add garlic, vegetable stock, and spinach to the skillet and cook on medium, about 2 – 3 minutes until spinach wilts just a little. Remove from heat, cover with a lid, and set aside off heat.
3. In the meantime, cook **tortellini** pasta according to package instructions. Drain and rinse.
4. Add cooked and drained tortellini pasta to the skillet with spinach and tomato sauce. Stir everything together to combine and warm on medium-low heat, adjust seasoning and serve the **tortellini pasta in garlic spinach tomato sauce** with a good sprinkle of parmesan and a drizzling of olive oil.

Three-ingredient homemade ice cream

Ingredients

- 2 cups heavy cream
- 1 (14 ounce) can sweetened condensed milk
- 1 teaspoon vanilla extract
- A mix-in of your choice, like chocolate syrup, crushed Oreos, finely chopped strawberries, sprinkles, etc.

Instructions

1. In a large bowl, whip the cream until stiff peaks form. You can use an electric beater to make this process easier.
 2. Add chilled and sweetened condensed milk and vanilla; stir slowly until just combined.
 3. Stir in mix-ins of your choice. Get creative! You can separate your base into multiple
 4. containers to try more flavors.
- Seal into Tupperware containers with lids, and freeze at least 4 hours before enjoying.



Cucumber melon water with mint

Cucumber promotes hydration and contains antioxidants. Melon adds a sweet, low-sugar flavor to round out the classic, refreshing combination, and it's a great addition to your list of senior recipes.

Ingredients

- 1 cucumber
- 1 cup watermelon
- Handful of fresh mint or basil
- Cold, filtered water



Instructions

1. Thoroughly wash and slice cucumbers.
 2. Cut watermelon into cubes.
 3. Lightly crush the mint to release fragrance and flavor. If you're using basil, remove the stems.
- Add your ingredients to the bottom of a pitcher, cover with water, and infuse for 2-8 hours before drinking.

White tea with berries

White tea offers antioxidants and anti-inflammatory properties with little caffeine.

Ingredients

- 1 cup mixed berries, such as blueberries and strawberries
- 2 bags white tea
- Cold water

Instructions

1. Wash berries thoroughly.
2. Quarter strawberries, leaving other berries whole.
3. Add tea bags and cover with water.

Infuse in the fridge for several hours, or until tea has brewed.



Rosemary citrus water

Rosemary is a rich source of anti-inflammatory compounds, while citrus is high in vitamin C.

Ingredients

- 1 orange, blood orange, or grapefruit
- Rosemary sprigs
- Cold water

Instructions

1. Add sliced orange and several sprigs of rosemary to the bottom of a pitcher. Cover with water and let sit in the fridge overnight. Enjoy!



INSERT MENU HERE

MEALS ON WHEELS—KEARNEY AREA

PO BOX 1236

2715 AVENUE I

KEARNEY NE 68847

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**

