



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
Friday, June 19th in observation of Juneteenth
Also closed July 3rd - July 10th for cleaning

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.

Neighbors Helping Neighbors

FOOD PANTRY HOURS:

~Monthly Boxes~

MONDAY	~	1p to 5p
TUESDAY	~	9a to 1p
WEDNESDAY	~	1p to 5p
THURSDAY	~	CLOSED
FRIDAY	~	1p to 5p
SATURDAY	~	CLOSED

~RESCUE TABLE~

MON - FRI ~ 9a to 5p

THRIFT STORE HOURS:

MAIN STORE: MON - FRI: 9a to 5p

SAT: 10a to 4p

ANNEX: MON - FRI: 9a to 5p

SAT: 10a to 4p

\$5 Tuesday Bag Sale

13 Gal Bag - Clothing, Shoes Purses & Belts



Kearney Jubilee Center

Thursday Night

Community Dinner

2026 Schedule:

1st Lutheran Church

3315 Avenue G

-Jan: 8th & 22nd

-Feb: 12th & 26

-March: 12th & 26th

Holy Cross Lutheran

3315 11th Ave

-April 9th & 23rd

-May 14th & 28th

SUMMER BREAK

1st Presbyterian Church

4511 6th Ave

-Aug 13th & 27th

-Sep 10th & 24th

St Luke's Episcopal Church

2304 2nd Ave

-Oct 8th & 22nd

-Nov 12th

-Dec 10th

Questions? - 308.234.3880

Follow Us on Facebook - Kearney Jubilee Center

Lemons

Lemons are a citrus fruit that people often use in traditional remedies because of their health benefits. Like other citrus fruits, they contain vitamin-C and other antioxidants.

Antioxidants are essential for human health. These compounds mop up free radicals in the body that can damage the body's cells and lead to diseases, such as cancers.



Citrus fruits, including lemons, contain active components called phytochemicals that benefit health.

These include:

- Vitamin C
- Folic Acid
- Potassium
- Pectin

The juice from one 48g lemon approximately contains the following nutrients in grams (g) or milligrams (mg):

- 10.6 calories
- 3.31 g carbohydrates
- 49.4 mg potassium
- 18.6 mg vitamin C
- 2.88 mg calcium
- 0.1 g of fiber

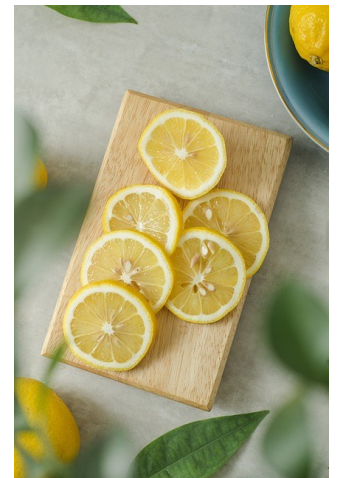
Lemons also contain thiamin, riboflavin, niacin, vitamin B-6, folate, and vitamin A.

How to eat lemons:

Use the juice of a lemon to flavor drinking water or squeeze over a salad or fish.

Adding lemon juice to boiling water with a teaspoon of honey can help soothe a sore throat.

It is also possible to eat the rind of organic lemons. Some people use the rind in recipes.





Strawberries

Strawberries are a juicy red fruit with a high water content. The seeds provide plenty of dietary fiber per serving. Strawberries contain many healthful vitamins and minerals.

Of particular note, they contain anthocyanins, which are flavonoids that can help boost heart health. The fiber and potassium in strawberries can also support a healthy heart.

Strawberries and other colorful berries also contain a flavonoid called quercetin. This is a natural anti-inflammatory compound.

One cup, or 150 g, of strawberries approximately provides the following nutrients:

- 48 calories
- 11.5 g carbohydrate
- 3 g of fiber
- 24 mg of calcium
- 19.5 mg of magnesium
- 230 mg of potassium
- 88.2 mg of vitamin C



Strawberries also contain thiamin, riboflavin, niacin, folate, and vitamins B-6, A and K.

How to eat strawberries:

Strawberries are a versatile fruit. People can eat them raw, add them to breakfast cereals or yogurts, blend them into a smoothie, or make them into jam.



Oranges



Oranges are a sweet, round citrus fruit packed with vitamins and minerals.

Oranges are among the richest sources of vitamin C, with one medium fruit provides approximately 78% of a person's daily value of vitamin C.

A 140 g orange also approximately contains the following nutrients:



- 65 calories
- 16.5 g carbohydrate
- 2.8 g of fiber
- 60.2 mg of calcium
- 15 mg of magnesium
- 232 mg of potassium
- 82.7 mg of vitamin C

Vitamin C acts as a powerful antioxidant in the body. This vitamin is also essential for immune system function. It boosts immune function by helping the body to absorb iron from plant-based foods.

The human body cannot make vitamin C itself, so people need to get this vitamin from their diet. Oranges also contain high levels of pectin, which is a fiber that can keep the colon healthy by binding to chemicals that can cause cancer and removing them from the colon.

Oranges also provide the following healthful vitamins:

- Vitamin A, a compound that is important for healthy skin and eyesight
- B vitamins, including thiamin and folate, which help keep the nervous and reproductive systems healthy and help create red blood cells.

How to eat oranges:

People can eat oranges on their own as a refreshing snack or by drinking a glass of pure orange juice. Juice oranges at home or choose a brand of fresh juice whose label states it is not from concentrate.

People can also grate orange peel into a salad or yogurt, or use it as a cereal topping to add extra flavor.





Apples



Apples make a quick and easy addition to the diet. Eat them with the skin on for the greatest health benefits.

Apples are high fiber fruits, meaning that eating them could boost heart health and promote weight loss. The pectin in apples helps to maintain good gut health.

Research has shown that there is a link between eating apples regularly and a lower risk of cardiovascular disease, certain cancers, and diabetes. Apples also have high levels of quercetin, a flavonoid that may have anti-cancer properties.

One medium apple with the skin approximately contains the following:



- 94.6 calories
- 25.1 g of carbohydrate
- 4.37 g of fiber
- 195 mg of potassium
- 10.9 mg calcium
- 8.37 mg vitamin C



How to eat apples:

Raw apples make a great snack, and combining them with almond butter helps balance protein and fat intake.

People can also add raw or stewed apples to yogurt, or use applesauce in cooking.





Grapefruit



Grapefruits are sour fruits full of health-inducing vitamins and minerals. Grapefruits can be pink, red, or white.

Half a grapefruit (154 g) approximately contains the following nutrients:

- 64.7 calories
- 164 g carbohydrate
- 2.46 g fiber
- 33.9 g calcium
- 13.9 g magnesium
- 208 g potassium
- 48 g vitamin C



The flavonoids in grapefruits can help protect against some cancers, inflammation, and obesity.

People may wish to contact a doctor before adding grapefruit to their diet, as it can interact with certain medications.



How to eat grapefruit:

Try adding grapefruit slices to a fruit salad, or squeeze the juice into water to make a drink.

People can also buy pure grapefruit juice from the supermarket.

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**

