



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!

The logo for Meals on Wheels America, featuring a stylized 'i' and 'm' in white and blue, with 'WHEELS' in large white letters and 'AMERICA' in smaller white letters. Below it, '2026 Member' is written in white.

MEALS on WHEELS AMERICA
2026 Member

The Meals on Wheels America logo and "Together We Can Deliver" are trademarks of Meals on Wheels America and are used under license.

A white Facebook 'f' logo inside a blue rounded square.

- **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 we will be glad to answer your questions or assist you in any way we can.

Meals on Wheels will be closed

**Friday, July 3rd in observation of Independence Day and
Monday July 6th - Friday 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	\$1,729 monthly	\$20,748 annually
2 person household	\$2,345 monthly	\$28,132 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: THU & FRI: 10a to 5p

SAT: 10a to 4p

\$5 Tuesday Bag Sale

13 Gal Bag – Clothing, Shoes Purses & Belts



Jubilee's Three Ring Circus

*Food Pantry

*Help Now Program

*Thrift Store Vouchers

Help Now Program:

1. Assistance with Rents, Utilities, Bus Passes, Medications, Fuel....
2. Open door for requests during operational hours.
3. We work to connect folks with other helping groups if the amount needed is large.

Thrift Store Vouchers:

Shop Vouchers: Anyone referred or requesting assistance with clothing, household item or furnishings are given vouchers to go "shopping"

Store Sales: Go toward operating costs and funds for our programming.



Spinach

This leafy green tops the chart as one of the most nutrient-dense vegetables.

That's because 1 cup (30 grams (g)) of raw spinach provides 16% of the Daily Value (DV) for vitamin A plus 120% of the DV for vitamin K — all for just 7 calories.

Spinach also boasts antioxidants, which may help reduce your chance of developing diseases such as cancer.

Carrots



Carrots are packed with vitamin A, delivering 119% of the DV in just 1 cup (128 g). It also contains nutrients like vitamin C and potassium.

They also contain beta-carotene, an antioxidant that provides them with a vibrant orange color. Your body converts it into vitamin A.

One study of more than 57,000 people associated eating at least 2–4 carrots per week with a 17% lower risk of colorectal cancer in the long run.

A review of 18 studies also found that carrots may also reduce the chance of developing lung cancer.

Broccoli



Just 1 cup (91 g) of raw broccoli provides 77% of the DV for vitamin K, 90% of the DV for vitamin C, and a good amount of folate, manganese, and potassium.

Broccoli is rich in a sulfur-containing plant compound called glucosinolate, as well as its byproduct sulforaphane. It may be able to help protect against cancer, as well as decrease inflammation linked to chronic conditions like heart disease.



Garlic

Garlic is very nutritious while fairly low on calories, and most people usually consume a small amount as an ingredient in cooking. One clove of garlic only has about 4.5 calories. It contains nutrients such as selenium, vitamin C, vitamin B6, and fiber,

It has also been used as a medicinal plant for millennia. Its main active compound is allicin, which has been shown to aid blood sugar and heart health.

Although further research is needed, test-tube and animal studies also suggest that allicin has powerful cancer-fighting properties.



Brussel Sprouts

Brussel sprouts are a great source of fiber, an important nutrient that supports bowel regularity, heart health, and blood sugar control. Each serving is also packed with folate, magnesium, and potassium, as well as vitamins A, C, and K.

They also contain kaempferol, an antioxidant that may be particularly effective in preventing cell damage.

Kaempferol has also been shown to have anti-inflammatory and cancer-fighting properties, which may protect against disease.

Kale



Only 1 cup (21 g) of raw kale is loaded with potassium, calcium, copper, and vitamins A, B, C, and K.

In one small study, eating kale alongside a high carb meal was more effective at preventing blood sugar spikes than eating a high carb meal alone.

Consuming Kale as a powder (made from dried leaves) or drinking its juice has been found in various studies to support decreasing blood pressure, cholesterol, and blood sugar levels. That said, more research is needed to confirm these findings regarding kale juice specifically.

Green Peas



Peas are a starchy vegetable, which means they have more carbs and calories than non-starchy veggies and may affect blood sugar levels when eaten in large amounts.

Nevertheless, just 1 cup (160 g) contains 9 g of fiber, 9 g of protein, and vitamins A, C, and K, as well as riboflavin, thiamine, niacin, and folate.

Because they're high in fiber, peas support digestive health by enhancing the beneficial bacteria in your gut.

Moreover, they are rich in saponins, a group of plant compounds that may help reduce tumor growth and cause cancer cell death.



Swiss Chard

One cup (36 g) of Swiss chard contains just 7 calories but nearly 1 g of fiber, 1 g of protein, and lots of manganese, magnesium, and vitamins A, C, and K.

It's also loaded with health-promoting antioxidants and plant compounds, including betalains and flavonoids.

Though more studies are needed, research has found these compounds may be anti-inflammatory and help reduce the chance of various chronic diseases



Beets

Beets are a vibrant, versatile root vegetable that packs fiber, folate, and manganese into each serving with very few calories.

They're also rich in nitrates, which your body converts into nitric oxide — a compound that can help dilate blood vessels. This may help reduce blood pressure and lower the chance of developing heart disease.

What's more, beets and their juice have been linked to improved endurance and athletic performance.

Asparagus



Just 1/2 cup (90 g) of cooked asparagus provides 33% of the DV for folate, as well as plenty of selenium, vitamin K, thiamine, and riboflavin.

Getting enough folate from foods such as asparagus may protect against disease and prevent developmental irregularities of the neural tube during pregnancy.

One animal study also suggests that asparagus extract protects against liver and kidney damage by reducing oxidative stress.

Cabbage

Just 1 cup (89 g) of raw red cabbage contains 2 g of fiber and 56% of the DV for vitamin C.



It's also rich in anthocyanins, a group of plant compounds that contribute to its distinct color and numerous benefits.

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Similarly, in another study of mice fed a high fat diet, red cabbage microgreens significantly lowered levels of LDL (bad) cholesterol and decreased weight gain.



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Collard Greens

A mere 1 cup (130 g) of cooked collard greens boasts about 6 g of fiber, 4 g of protein, and 25% of the DV for calcium.

In fact, collard greens are one of the best plant sources of calcium. which is a mineral that plays a key role in muscle function, nerve transmission, hormone production, and bone health.

Some research links an increased intake of specific vegetables, including collard greens, to a lower chance of developing glaucoma, an eye condition that can lead to blindness (50Trusted Source).

Another review also associated a higher intake of cruciferous vegetables such as collard greens with an 8% and 19% lower risk of colorectal and stomach cancers, respectively.

Cauliflower

Cauliflower is known for both its versatility and its stellar nutrient profile. Just 1 cup (155 g) cooked packs 3 g of fiber, 3 g of protein, and a variety of other important nutrients, including folate and vitamins C and K.



Like other cruciferous veggies, it is a great source of compounds such as glucosinolates and isothiocyanates, both of which possess potent cancer-fighting properties.

Cauliflower is also often used as a low carb alternative and may helps support weight loss.

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**

