



LONELINESS STOPS AT THE DOOR.
DELIVERING HOPE AND HEART TO HOMES.

Delivering hope throughout the year



On October 16 this year, Meals on Wheels of Greenville celebrated 51 years of service to our community. Since 1968, more than 12 million meals have been delivered to the homebound in our community. But it's even more than that. Smiles have been delivered. Friendships have been crafted. A forgotten segment of our community has been provided with hope.

As Director of Client Services and Nutrition at Meals on Wheels of Greenville, each and every one of my days is committed to understanding what our homebound clients need and how we can support them and help them flourish. We have clients from every walk of life. Some are living with severe medical handicaps that restrict them from performing everyday tasks, and others spend their days combating mental illness diagnoses that require significant support. Meals on Wheels of Greenville is serving over 1,350 hot meals to these individuals each day, regardless of their age, their income, their race, and their gender.

Each year, it seems as though the holidays approach quicker and quicker. For our homebound clients, this season can be especially difficult. Many don't have family nearby and spend the usually joyous holiday season completely alone. Many won't sit with their families around the dinner table, and the only holiday meal they may enjoy is the one your generosity can deliver.

Please consider being the reason why our clients receive a hot, nutritious, delicious meal and a friendly visit this holiday season. Not only will a gift of \$1,200 feed one client for an entire year, but it also provides them hope and assurance that they haven't been forgotten.

On behalf of our clients, thank you for caring this holiday season.

Nichola N. Bricco

Nichola Bricco, Director of Nutrition and Client Services

Young professionals gearing up for the holidays



Meals on Wheels of Greenville Young Professionals, founded in 2018, supports the homebound in Greenville County through volunteerism, advocacy, and fundraising. MOWGYPs have exclusive access to social and professional development events and an exclusive opportunity to develop leadership skills, all while advocating for the homebound in Greenville County.

So far in 2019, our young professionals have raised enough funds to provide 1,420 meals for the homebound in our community. While this number is an accomplishment, they're gearing up for the holidays and are ready to increase their impact as we near the end of 2019.



Want in on the fun? **Join our MOWGYPs for this year's Santa Pub Crawl!** Hosted on Saturday, December 14, proceeds from the event will be generously donated to Meals on Wheels of Greenville to provide even more meals and smiles to the homebound. Learn more about getting involved at www.MealsonWheelsGreenville.org/yp

Your gift means more than meals



Each day, Meals on Wheels of Greenville works hand-in-hand with the community to provide our homebound neighbors the security and comfort of a hot, nutritious meal and friendly volunteer visit. Did you know that with your help we're able to provide so much more than that? Thanks to our community, we're able to support the homebound in other ways, such as:

- **Frozen and holiday meals:** additional meals will be delivered to clients to ensure they have something to eat over the holidays
- **Holiday gifts:** over 1,230 gifts were delivered in 2018 and we expect to deliver a gift to all of our clients again in 2019
- **Emergency kits:** every client receives a yearly kit that includes two shelf-stable meals and beverages in case an emergency restricts our volunteers from delivering meals
- **Pet food:** nearly 100 of our clients receive a monthly delivery of pet food

As a Senior Citizen
I want to thank
you.

God Bless you!

Ann L. Brooks

To maintain these programs and continue our daily meal delivery, Meals on Wheels relies on resources donated by the community. Our homebound clients rely on your support so they can continue to live independently and remain healthy.

Support the homebound this holiday by making a gift to ensure all clients receive holiday meals, gifts, and emergency kits that brighten their day. You can also support the cause by purchasing Meals on Wheels holiday cards; all proceeds from the sale of our holiday cards go directly to provide our clients with frozen and holiday meals.

Make a gift today at www.MealsonWheelsGreenville.org/donate or email donate@mowgvl.org.

Share a meal with the homebound

In October, we introduced a new menu at Meals on Wheels. Our clients will enjoy seasonal favorites, just in time for the holidays. Our menus are carefully crafted to meet 1/3 of the nutritional needs of seniors and we're also able to offer specialty meals to cater to our clients' healthcare needs. As you're planning your holiday meals, consider trying a meal that our homebound clients enjoy throughout the year.



BAKED HAM with BROWN SUGAR MUSTARD GLAZE

3lb ham of choice
1 cup stone ground dijon mustard
16 oz. dark brown sugar
1/2 cup honey
2 teaspoons granulated garlic
Salt & pepper

Bake ham per instructions on package until fully cooked through. While the ham is cooking, combine the mustard, brown sugar, honey, and garlic in a saucepan. Heat on medium until brown sugar has melted. Season with salt and pepper to taste and drizzle over ham slices. Enjoy!



Meals on Wheels Greenville County
15 Oregon Street | Greenville, SC 29605
Phone: 864.233.6565 | Fax: 864.235.1264
www.MealsonWheelsGreenville.org

NON-PROFIT ORG.
US POSTAGE
PAID
GREENVILLE SC
PERMIT NO. 1578



Giving back while holiday shopping



We're participating in the Target Circle program!

You can vote for us and help direct Target's giving to benefit Meals on Wheels of Greenville.

For full program details and restrictions visit Target Circle at Circle.Target.com.

We need you!

Interested in volunteering over your holiday break?
Join us for volunteer orientation, held every Thursday at 9:30am. Call **864.233.6565** or email volunteer@mowgvl.org for more information.



Save The Date
SATURDAY, FEBRUARY 1

25TH ANNUAL
SWEETHEART CHARITY BALL
HYATT REGENCY GREENVILLE
220 NORTH MAIN STREET
GREENVILLE, SOUTH CAROLINA
6:00 PM – MIDNIGHT