FOR IMMEDIATE RELEASE

MEALS ON WHEELS OF MERCER COUNTY JOINS IN MONTH-LONG MARCH FOR MEALS CELEBRATION WITH COMMUNITIES NATIONWIDE

SUPPORT WILL HELP TO FIGHT SENIOR HUNGER AND ISOLATION IN MERCER COUNTY

Ewing, NJ (March 2019) – Meals on Wheels of Mercer County announced today that it will be participating in the 17th annual March for Meals – a month-long, nationwide celebration of Meal on Wheels and our senior neighbors who rely on the vital service to remain health and independent at home. Meals on Wheels of Mercer County’s celebration will include various activities throughout the month of March, including our annual Dine Out to Stamp Out Senior Hunger event, held at restaurants all across the county.

"The services we provide are a lifeline for seniors of Mercer County and the need is rapidly increasing,” said Sasa Montano, CEO of Meals on Wheels of Mercer County. “Together, we can keep our senior neighbors well-nourished, feeling safer and more connected to our community as they age.”

Meals on Wheels of Mercer County served over 75,000 meals in East Windsor, Ewing, Hamilton, Hightstown, Lawrence, Princeton, Trenton and West Windsor in 2018. Approximately 86% of those we served were over the age of 60, with 87% of all participants needing a subsidy to cover the cost of their meals and 60% living alone.

The annual March for Meals celebration commemorates the historic day in March of 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national nutrition program for seniors 60 years and older. Since 2002, community-based Meals on Wheels programs from across the country have joined forces for the annual awareness campaign to celebrate this successful public-private partnership and garner the support needed to fill the gap between the seniors served and those still in need.

“The month of March is a fitting time to not only celebrate the successful history of Meals on Wheels, but also bring us together to support a solution that will strengthen communities into the future,” said Ellie Hollander, President and CEO of Meals on Wheels America. “With 12,000 Americans turning 60 each day, now is the time to invest in these vital programs so that we can provide every senior in need with the nutritious meals, friendly visits and safety checks that will enable them to live healthier and independent in their own homes.”

For more information on how you can volunteer, contribute or speak out for the seniors in Mercer County this March, visit www.mealsonwheelsmercer.org.

About Meals on Wheels of Mercer County:
Meals on Wheels of Mercer County, is a comprehensive nutrition program committed to providing nutritious meals and related services which are designed to promote the independence, dignity, health and well-being of our homebound customers. Founded in 1973, we served over to 75,000 meals in 2018 to homebound individuals in our county. For more information on March for Meals or any of our services, please visit us at www.mealsonwheelsmercer.org, or call 609-695-3483.