

SEASONAL REMINDERS FOR MEALS ON WHEELS

We want to remind all Meals on Wheels customers of Tri-Valley Nutrition Program policies and procedures during inclement weather. When weather conditions make it unsafe for our drivers to deliver meals, our program may have to close. Please check our Facebook page for weather related closings or call Tri-Valley's main number (**1-800-286-6640**) to hear the most up to date closing information.

We will make every effort to call you if our program is open, but your particular meal delivery route is cancelled for some reason. If you have questions, please call your local Nutrition Center Coordinator or the main office.

PREPARING FOR WINTER STORMS OR OTHER EMERGENCIES:

- Assemble an emergency kit including flashlights, batteries, several gallons of bottled water, emergency contact numbers, and prescriptions, etc.
- Prepare an emergency food pantry. The following items are suggested to have on hand in case you lose power: peanut butter, crackers, granola bars, cold cereal, juice boxes, dried fruits, powdered or condensed milk, canned fruit or applesauce. If you have power but you do not receive your home delivered meal, you should have canned soups, stews, instant oatmeal, bread, tuna fish or other canned goods on hand.
- If you have to evacuate or leave your home for some reason, please make an effort to call Tri-Valley so we know you are safe and will not be home for us to deliver your meal.

ICE AND SNOW REMOVAL:

During wintry conditions it is necessary for your sidewalks, driveways and stairs to be shoveled and sanded as soon as possible. Our drivers are instructed **not** to deliver a meal if conditions are hazardous or unsafe.

