



It's Volunteer Appreciation Month!

April Showers bring May flowers...



*Volunteers wearing ponchos at
Rider University*

As a token of our appreciation, we gifted ponchos to our volunteers who deliver meals every week! Volunteers are the heart and soul of Meals on Wheels of Mercer County. Their compassion and commitment make everything we do possible. Day after day, rain or shine, they show up for our community, delivering not just meals, but connection, care, and dignity to our homebound neighbors. Because of their dedication, individuals across Mercer County are able to remain nourished, independent, and less isolated. We are endlessly grateful for the kindness our volunteers bring to every doorstep, they truly make a lasting difference.

Volunteer Highlight

Volunteer Groups: Together, they deliver!

At Meals on Wheels of Mercer County, our infamous tagline is "**Together, We Deliver.**" Our volunteers come as singles, doubles, and groups, all working together

The group consistently does the Princeton Drop-Off at the Princeton Shopping Center: picking up meals from Rider University for volunteers who are local to the Princeton area. The trade-off of coolers and insulated bags makes for an

to deliver the over 400 meals we serve every day. We have several groups that volunteer their time regularly and have grown very close to our organization.

Life Choices Unlimited in Hamilton is a comprehensive day program serving adults with special needs and disabilities. Robert Plumser, the coordinator in charge, has brought his group to volunteer with MOWMC for about two years.

"We're always looking for volunteer opportunities and meal delivery is one of the easiest for us to find," Robert said. "It's hard for us to find something that allows us to be a fit."



Couriers (Life Choices Unlimited) passing meals to volunteer at the Princeton Shopping Center

efficient delivery for volunteers who have a limited time frame.

"They like interacting with whoever we're dropping off the meals to. They've gotten to know those volunteers and they enjoy talking to them," Robert added.

From his perspective, Robert has seen how much his clients enjoy giving back to the community and connecting with others while they're out on their routes. Even something as simple as receiving Meals on Wheels of Mercer County goodies helps them feel part of something bigger. On their assigned day, the group proudly wears their MOWMC shirts, badges, and more, showing their enthusiasm and sense of belonging.

"They love getting their little badges," Gail Plumser, the owner and executive director of Life Choices Unlimited, said. "The other day they got ponchos, and they go home with such pride. They love it."



(Left to right) Gail Plumser, volunteer Nupur, Robert Plumser, volunteer Kym, and volunteer Tommy at Rider University



Volunteer Clive rocking his poncho at Rider University before his meal delivery

New Volunteers

Each month, we will be highlighting our newest volunteers.

In March, we welcomed:

**Catherine C.
Bobby F.
Mark G.
Jerusalem H.
B.N J.
Kamille M.
Jerome M.
Anne S.
Tim S.
Kevin V.**

I want to Volunteer!



Share Your Time. Share a Meal.

This April, consider volunteering for Meals on Wheels of Mercer County!

We are looking for dedicated individuals in our community to **deliver meals** with us or **help in the kitchen** at Rider University.

If you have any questions or would like to learn more about how you can get involved, send an email to volunteer@mealsonwheelsmercer.org or call (609) 695-3483.

Champions Month: Recap

Every March, MOWMC celebrates the anniversary of the **Older Americans Act (OAA) Nutrition Program** by hosting Community Champions to go on meal delivery. This year, we hosted 14 Champions, including Mayors, Council Members, Police Officers and more! The Champions, joined by our friendly volunteers, delivered in Trenton, Lawrence, Hopewell/Pennington, East Windsor, West Windsor, and Princeton.



The Princeton Police Department with Volunteers Alan and Cathy



Volunteer Early with Mayor Hemant Marathe of West Windsor



Staff Lisa and Aylin, with Deputy Mayor Uma Parandare of Hopewell and volunteer Richard



Mayor Janice Mironov of East Windsor with a participant



Volunteer Charlie with Publisher and Founder of the Trenton Journal, Kenneth Miles



Mercer County Commissioner Kristin McLaughlin with CEO Venetta Ellerbe

See more on our social media!



Thanks to you, we raised \$2,245 out of our \$5,000 goal for March for Meals. With your help, we can ensure that no senior in Mercer County goes hungry or feels alone!

Thank you to our supporters!



MOWMC Nutrition Ed

Every month, in a partnership with **Allie Hadden, Registered Dietician Nutritionist**, we distribute information about good nutrition and healthy habits to our older adults. At Meals on Wheels of Mercer County, we deliver much more than just a meal, it's about providing better quality of life.

How to Read Nutrition Labels

1. Serving Information →

2. Calories →

3. Nutrients →

4. Quick Guide to percent Daily Value (%DV) ←

- 5% or less is **low**
- 20% or more is **high**

| Nutrition Facts | |
|-------------------------------|---------------------|
| 4 servings per container | |
| Serving size | 1 cup (227g) |
| Amount per serving | |
| Calories | 280 |
| % Daily Value* | |
| Total Fat 9g | 12% |
| Saturated Fat 4.5g | 23% |
| Trans Fat 0g | |
| Cholesterol 35mg | 12% |
| Sodium 850mg | 37% |
| Total Carbohydrate 34g | 12% |
| Dietary Fiber 4g | 14% |
| Total Sugars 6g | |
| Includes 0g Added Sugars | 0% |
| Protein 15g | |
| Vitamin D 0mcg | 0% |
| Calcium 320mg | 25% |
| Iron 1.6mg | 8% |
| Potassium 510mg | 10% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- **Calories**
- **Looking at the Serving Size**
- **Nutrients**
- **Daily Value**

Read [HERE](#) to learn more!

Spring Activity Bags

Help from TCNJ
and Rider Students

We are grateful to TCNJ student and Bonner Scholar Kennedy Pettiford for her leadership and dedication in making this project possible.

Students from Rider University and The College of New Jersey gathered to assemble 400 Spring Bags for MOWMC participants. Each bag contained two different booklets, including a word search and an adult coloring book, as well as a set of colored pencils. On Thursday, March 26th, our volunteers distributed the Spring Activity Bags to our participants!



Students gathered at Rider University to assemble spring activity bags

"We're trying to give the participants something special," Ruth Todd, the Program Director, said. "If they can't get out to get their own food, and can't make their way to the grocery store or any other store, they're probably not having any real access to these fun things."



Students packing the spring activity bags

Ruth noted that most participants don't even have an email address to be able to order things to their home, thus getting a home delivery from our volunteers is really special.

Giving Info

What Your Donation Provides

\$20 = Two nutritious meals

\$100 = A week of meals for one senior

\$500 = A month of stability

[Donate Now](#)



Make this birthday a special one! 🎉

Your friends and family can donate in your honor!
Share our website or set up a fundraiser on your social media to donate to Meals On Wheels of Mercer County.

For Reference



Is this a tribute gift?

in honor of ▾
select one
in honor of
in memory of

Information

Tribute Name *

First Name

Last Name

Dedication



You may now select more options for recurring donations!

Your recurring donations can help Mercer County seniors on a regular basis and without a second thought.

- **Weekly**
- **Bi-weekly**
- **Bi-monthly**
- **Quarterly**
- **Yearly!**

Contact Us: (609) 695-3483 or Email at info@mealsonwheelsmercer.org



Meals on Wheels of Mercer Coun | 320 Hollowbrook Drive | Ewing, NJ 08638 US

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