



NEWS ON WHEELS

A Meals on Wheels of Mercer County Publication August 2026



August



A New Fiscal Year, A Renewed Commitment

As we begin a new fiscal year, we're taking a moment to celebrate what we accomplished together.

Thanks to the generosity of our donors, the dedication of our volunteers, and the support of our community partners, Meals on Wheels of Mercer County delivered more than 143,000 nutritious meals over the past year to nearly 400 older adults every day. For many of our participants, those deliveries included two meals each day, providing not only nourishment, but also peace of mind and a friendly visit.

While we're proud of what we've achieved, we know our work is far from over.

The demand for our services continues to grow as more older adults struggle with food insecurity, rising costs, and social isolation. In the year ahead, we'll focus on expanding our volunteer network, strengthening community partnerships, enhancing our meal delivery systems, and ensuring every eligible senior has access to nutritious meals and compassionate support.

Every meal delivered is more than food—it's a reminder that someone cares.

Thank you for helping us make that possible.



Volunteer Joe delivering meal to a participant

Annual Report Coming Soon!

Be on the lookout for our 2025–2026 Annual Report in the coming months. Inside, you'll find stories of impact, program highlights, financial stewardship, and the many ways our community came together to support older adults throughout Mercer County.

Food Safety Update

The health and safety of our participants remain our highest priority.

In response to the recent food safety concerns involving leafy greens, Rider University's kitchen has implemented additional precautions. Following the guidance of our Registered Dietitian, Allie Hadden, all green salads are currently prepared using whole romaine lettuce rather than spring mix. Rider's kitchen staff and Meals on Wheels volunteers continue to follow rigorous food safety practices, with extra attention given to washing and handling fresh produce.

We're also pleased to share that the lettuce included in our weekly produce bags from Asprocolas Acres is locally grown and not affected by the current outbreak.



The New Jersey Department of Agriculture wants to emphasize that no produce coming from New Jersey farms has been linked to the cyclosporiasis outbreak. To date, no New Jersey-grown produce has been identified as a source of cyclosporiasis cases. National and New Jersey health officials and experts are continuing to investigate the outbreak and monitor any cases.

Our Jersey Fresh farmers meet the high-quality standards imposed not only by their own compliance with the Food Safety Modernization Act (FSMA) but also with the quality-grading standards of the Jersey Fresh program.

The New Jersey Department of Agriculture will continue keeping the public informed about any produce categories grown in New Jersey that have been identified by health experts as being a risk.



To help protect against cyclosporiasis and other foodborne illness, NJDOH and NJDA recommend:



- Wash your hands with soap and water before and after preparing fresh fruits and vegetables.
- Wash all fruits and vegetables thoroughly under running water, even if you plan to peel them.
- Scrub firm produce, such as melons and cucumbers, with a clean produce brush.
- Cut away any damaged or bruised areas on fruits and vegetables before preparing or eating.
- Refrigerate cut, peeled, or cooked fruits and vegetables promptly.



Fresh produce delivered to participants

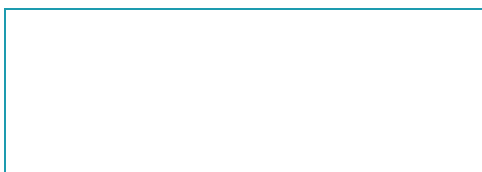
Fresh Produce Is in Full Swing!

Fresh fruits and vegetables are making a difference this summer!

Thanks to a local grant, participants living in Trenton receive fresh produce every Wednesday from May through October. Even more exciting, during the month of July, we were able to expand fresh produce deliveries to every Meals on Wheels participant across Mercer County.

Because everyone deserves access to healthy, nutritious food.

Meet Our Summer Interns!



Autumn Rowell



I am Autumn, a rising senior majoring in Human Resource Management at The College of New Jersey. I chose to intern with Meals on Wheels because I loved the work I was doing as a Bonner Scholar during the school year, and I wanted to continue making an impact in my hometown over the summer.

Isaiah Muse

My name is Isaiah Muse, and I'm an incoming senior at The College of New Jersey majoring in Finance. Outside of school, I enjoy exercising, cooking and hanging with friends. I chose to intern with Meals on Wheels because it is an opportunity to give back to my community that has done a lot for me. This summer I hope to learn from the volunteers who make such a big impact in the surrounding areas.



Jessica Nazario

Hello! My name is Jessica Nazario and I'm a Junior at The College of New Jersey (TCNJ) with a dual major in Urban Secondary Education and English. I'm from Trenton, New Jersey and I have a deep passion for community service, photography, videography, social justice advocacy, and mentorship. My community has shaped me into the person I am today and through the Bonner Scholars program I have been able to directly give back to those in need. Choosing to intern with Meals on Wheels has allowed me to make a further impact and I'm looking forward to growing as an intern throughout the summer.

Health & Wellness

Check out the latest newsletter from the **Rutgers Cooperative Extension**. Learn more about emotional wellness!

Eat well, move more, and feel your best...



"Emotional wellness is about understanding your feelings and learning how to manage them in a healthy way. When you take care of your emotional health, it can help improve your physical health, relationships, and overall quality of life. Stress can affect many parts of your body, including your heart, immune system, and energy levels. Managing stress can help you feel calmer, think more clearly, and enjoy daily activities more."

[Read More](#)

Welcome Our New Volunteers

Each month, we're proud to highlight the newest members of our volunteer community.

In July, we welcomed:

**Nasir K.
BJ M.
Cara N.
Jiya P.
Michael Y.**



Volunteers at Rider University

[I want to Volunteer!](#)



→ Summer Volunteers Needed! ←

As many of our regular volunteers are away for the summer, we need your help to ensure our neighbors continue receiving the nutritious meals they depend on.

Just a small amount of your time can make a big difference. Whether you can volunteer once a week or just occasionally this summer,

we'd love to have you join our team!

If you're looking for a meaningful way to give back to your community, consider volunteering with Meals on Wheels of Mercer County.

To learn more or sign up,
email volunteer@mealsonwheelsmercer.org
or call (609) 695-3483.

What Is a QCD?

A QCD is a tax-free transfer of funds directly from a traditional IRA to a qualified charity. QCDs allow donors to give to nonprofits from an IRA while reducing taxable income, even if deductions aren't itemized.

Click [HERE](#) to learn the benefits!



Your QCD donation helps ensure that older adults and homebound neighbors in Mercer County receive nutritious meals, friendly visits, and the support they need to remain safe and independent in their own homes. Every gift makes a lasting impact on the lives of those we serve.

If you're considering a Qualified Charitable Distribution, please contact your IRA administrator to initiate the transfer. If you have questions about making a gift to Meals on Wheels of Mercer County, we'd be happy to help guide you through the process.

Together, we can deliver.

No QCD? You may give one time or arrange a recurring monthly, quarterly, bi-annual or annual gift.



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



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