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HOW MANY SACKS CAN YOU & YOUR GROUPS FILL?

More than 1 in 3 seniors in the care of others are at risk for under- or mal-nutrition (Mayo Clinic/American Dietetic Association). Malnutrition is the lack of proper nutrition, not necessarily a lack of food. Detecting malnutrition in seniors may be difficult, and even seniors who eat enough may be eating the wrong foods to keep themselves healthy. At Comfort Keepers®, we help seniors live healthy, independent lives. That's why we created an initiative to address senior nutrition issues.

Through the 13th Annual *Feed Seniors Now*™ initiative in September, Comfort Keepers is partnering with Lubbock Meals on Wheels (LMOW) to collect food and funds to fully support the LMOW weekend meal program. Clients of this program have no other means to obtain weekend food other than through LMOW.

Feed Seniors Now™ Goals:

- 1) Collect funds and specific food items to fill 26,000+ bags each year for the LMOW weekend meal program
- 2) Raise awareness about the growing epidemic of malnutrition that impacts millions of older Americans

HOW can your group (business/organization/church/Sunday school class, etc.) fill sacks for *Feed Seniors Now*™?

Sign up on the FSN Partner Participation form by checking the boxes beside all the options you're interested in helping with, then email a copy of the completed form to Comfort Keepers at lubbock@comfortkeepers.com.

2023 SHOPPING LIST for **NON-REFRIGERATED, UNEXPIRED*** SINGLE SERVING SIZES OF:

- | | |
|---------------------------------|----------------------------------|
| ✓ Soup | ✓ Cheese Crackers |
| ✓ Small cans of Tuna or Chicken | ✓ Individual Chef Boyardee meals |
| ✓ Individual Beanie Weenies | ✓ Vienna Sausages |
| ✓ Peanut Butter Crackers | ✓ Individual Packages of peanuts |

Each weekend meal contains an entrée plus 4-6 of the above **non-refrigerated** items. ***NOTE: We cannot accept expired food.**