



You can bring a touch of joy and hope to the lives of senior citizens living in our communities

## ADOPT A MEAL

For a homebound or elderly citizen no longer able to prepare a meal, drive to the store or afford nutritional food.

Local Senior Centers and Home Delivered Meals programs need your help to continue services to seniors in need.



(903) 536-4033  
PO BOX 429  
CENTERVILLE, TX 75833



# ADOPT A MEAL



**A Fundraising Project  
to provide hot nutritional  
meals for elderly and  
homebound senior  
citizens in Leon County.**

# ADOPT A MEAL

## DONATE



## ADOPT A MEAL

- For qualified adults age 60 or older who are at a nutritional risk.
- Provides one-third of a persons daily nutritional needs.
- Served at Senior Centers or through Home Delivered Meal program.

## Benefits of Good Nutrition...

- Promotes well being;
- Helps seniors maintain an independent lifestyle in their own homes;
- Improves mental capacity and cognitive reasoning;
- Reduces health problems;
- Needed for good vision;
- Provides energy, strength and dexterity.

## Where & When...



- Meals served at local area Senior Centers.  
Monday-Friday 11:30 am
- Home Delivered Meals are delivered to seniors in their own homes.  
Monday—Friday  
10:00 am—12:00 noon

**AVERAGE COST PER MEAL  
IS JUST \$5.00**

Your generous gift to Adopt A Meal will assure there are hot nutritious meals available to your senior neighbors and loved ones.



**Your Gift is Appreciated —  
Thank You**

Amount: \_\_\_\_\_

Make Checks Payable to:

**AAA SERVICES**

And Send to:

**Adopt A Meal Fundraiser  
PO Box 429  
Centerville, TX 75833**