

BLUE LEDGE, INC.

P.O. Box 1332
Amherst, VA 24521

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Blue Ledge Meals on Wheels

Serving the community, one meal at a time!

Winter | 2022

NEIGHBORHOOD GROUP STEPS UP TO PREPARE MEALS by Nancy Banton



Providing a nourishing meal five days a week for our clients is a primary goal of Blue Ledge Meals on Wheels (MOW). Our organization is fortunate to be supported by nine local vendors and eleven Amherst County churches. Last year when Centra sold Fairmont Crossing Health and Rehabilitation, meals were no longer provided by them twice a week for our clients. Giving a helping hand, some of our regular vendors took on preparing additional meals for us. With some restrictions still in place, shorter hours of operation, price increases, and lower supplies, it was difficult to bring on new vendors.

Challenging times bring on creative thinking. Two ladies in my neighborhood, Anne and Stacey, heard about our

vendor needs and immediately asked other neighbors if they would be willing to take turns preparing food items for approximately 25 clients once a month. Soon these two had organized a team called The Stonewall Ridge Neighborhood Group consisting of meal preparation volunteers and monthly menu ideas. Their signature item with each meal is fresh baked, homemade rolls.



Fresh Baked Rolls

Finding a convenient location for volunteer drivers to pick up the meals was a challenge at first. Ascension Episcopal Church, already a church vendor, agreed their location could be used for volunteer drivers to pick up meals every fourth Friday of a month. Not only is it special to have a neighborhood come together

to provide for those in food need in Amherst County but what a nice way for neighbors to get to know neighbors. Thanks Anne, Stacey, and The Stonewall Ridge Neighborhood Group for your kindness and willingness to share your talents. Blue Ledge Meals on Wheels hopes others are willing to follow this example and become a vendor for our MOW clients. If interested, contact Nancy Banton 434-942-1752 for more details.



SUPPORTING VENDORS

CHURCHES

- Amherst Baptist Church
- Amherst Presbyterian Church
- Ascension Episcopal Church
- Central Baptist Church
- Clifford Baptist Church
- Emmanuel Baptist Church
- Emmanuel United Methodist Church
- Midway Baptist Church
- Mt. Moriah Baptist Church
- Mt. Olive Baptist Church
- St. Francis of Assisi Parrish

LOCAL VENDORS

- Amherst Corner Restaurant
- Dogwood Café
- Edith's Rt. 60 Diner
- Mac's General Store
- Subway Amherst
- Subway Apple Market
- Sweet Briar College
- Winton

GROUPS

- Stonewall Ridge Neighborhood Group

BOARD MEMBERS

- President:** Dr. Joanna Harris
- Treasurer:** Sharon Shrader
- Secretary:** Kelli Hollowell
- Webmaster:** Sarah Beazley

- Glen Mabrey
- Nancy Banton
- Bob Chase

- Founder:** Sam Price
- Coordinator:** Tammy Martin

Are you or any of your loved ones, neighbors, or friends unable to prepare meals?

Blue Ledge Meals on Wheels can provide you or them one meal a day up to five days a week. Any adult without the ability and means to prepare food is eligible, regardless of age, provided they are homebound and do not have anyone living in the home who can prepare meals.. Clients or their families are encouraged to contribute towards the cost of their meals, but clients who are unable to manage any contribution are accepted.

TO APPLY FOR FOOD DELIVERY FOR YOURSELF, A FRIEND, OR FAMILY MEMBER

Click on the Client Application at our website:
blueledge.org/clients.html

Submit the information online at that same page:
blueledge.org/clients.html (scroll to the bottom of the page)

-OR-

Print and fill out the form, and mail to:
Blue Ledge, PO Box 1332, Amherst, VA 24521

OR Call Tammy at:
434 942-4864.

We look forward to hearing from you!



BLUE LEDGE, INC. P.O. Box 1332 | Amherst, VA 24521

CALL: (434) 942-4864 | WEBSITE: www.blueledge.org

WAYS TO SUPPORT BLUE LEDGE MEALS ON WHEELS



“ As a volunteer-only organization which receives no federal funding, we rely solely on the community for our ability to provide meals. Returning the enclosed envelope with a donation is very appreciated and wonderful. We count on this newsletter to bring in a large part of our annual funding. Donations aren't the only way to help, there are so many ways you can contribute to our mission of serving the community, one meal at a time. ”

Volunteer Drivers

This is the heart and soul of our organization. We absolutely couldn't do what we do without our consistent and reliable volunteer drivers. We deliver hot meals five days a week on six different routes. We have two routes that deliver at lunch time, and four routes that deliver at dinner time. Each route is designed to take approximately 30-45 minutes to complete. Some drivers work in pairs, some deliver one day every week, some deliver every-other week. We also have substitute drivers who fill in when a regular driver is sick or on vacation, or when someone has to step down and we have a vacancy before getting another regular driver. It is a rewarding and heartwarming experience to deliver meals to and get to know our homebound neighbors. Visit our website to fill out a volunteer application today! www.blueledge.org

Board Members

We have a diverse group of individuals that make up our board. We have voting members and advisory members. We try to have members who can advise on policies based on their professional backgrounds as well as having folks who can write grants and organize events. If you feel that you have a talent that would serve our organization please reach out to us.

Meal Preparation

Some of our meals are prepared and purchased from local restaurants, others are prepared by local churches, and as you read in our front-page article we also have a neighborhood group who prepare meals one day a month. If you are a member of a church who doesn't currently prepare meals for us, or if you are a restaurateur and would like to participate in our program, or if you are part of any other group who would like to help by preparing meals once a month, twice a month, or every week, please call Nancy Banton at 434-942-1752.

Corporate and Organizational Donations

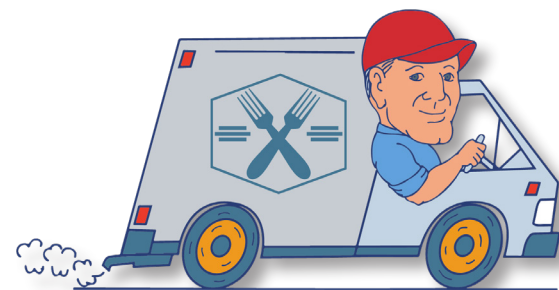
We welcome any and all donations to Blue Ledge Meals on Wheels. We have companies that make annual and semi-annual donations. We have organizations that donate to Blue Ledge on a quarterly or annual basis. We also have one company who does donations-matching for their employees. Please consider including Blue Ledge in your corporate or organizational giving.

Repeat and Regular Donors

We are now up to 9 individuals and one organization who have included us in their monthly budgets for giving. Some donate via PayPal, while others have us in their monthly bill-pay plan. Any contributions are very appreciated and do so much for our community. Might you consider a small monthly donation when planning your 2023 budget?

Memorial Donations

It's an unfortunate fact of life that we have to say goodbye to loved ones. Their memory can be honored by requesting memorial donations be made to Blue Ledge Meals on Wheels. Often when one of our meal recipients passes their families will list Blue Ledge for memorial donations. This act allows us to help more of the homebound in our community.



BLUE LEDGE MEALS ON WHEELS

ANNUAL SHELF STABLE FOOD DRIVE

Each year, Blue Ledge Meals on Wheels - in partnership with the Subaru Share the Love Event - organizes a food drive to collect non-perishable food items for our clients. The goal is to collect and distribute enough goods so that clients have food over the winter months in case bad weather prohibits deliveries.

Please help us by dropping off **non-perishable, shelf-stable, single serve items** to one of these two locations between Nov 17 - Dec 18, 2022. Please feel free to make copies and share this flyer everywhere you can!



DROP OFF AT EITHER LOCATION - BETWEEN NOV. 17-DEC.18, 2022



Amherst County Chamber of Commerce Visitor Center
328 Richmond Hwy Ste A

Wednesday – Saturday 9am -5pm
Sunday 1pm – 5pm



Amherst Dy Cleaners
455 South Main Street

Monday – Friday 7am – 5:30 PM
Saturday 9am – 1pm

Wish-list of suggested items

- | | |
|---------------------|-----------------|
| Soup(s) | Canned beans* |
| Crackers/Nabs | Instant Oatmeal |
| Peanut Butter | Applesauce |
| Cereal | Fruit Cups |
| Granola/Energy Bars | Canned pasta* |
| Vienna Sausage | Puddings |
| Beanie-Weenie | Jell-o |
| Canned/Pouch Tuna* | Bottled Water |
| Small Canned Ham* | Potted Meat |
| Canned Corn Beef* | Instant Grits |



*Cans should be single serving and easy-open

PLEASE check the expiration date, as we cannot serve food which has expired.

Blue Ledge appreciates their support and **YOURS!**
- Thank You!

As part of a national partnership with Meals on Wheels America, Subaru of America, Inc. will donate \$250 to the purchaser's choice of participating charities – one of which is Meals on Wheels – for every new vehicle purchased or leased from November 17, 2022, through January 3, 2023.



Since the Subaru Share the Love Event began in 2008, Subaru and its participating retailers have donated nearly 4 million meals and friendly visits to seniors being served by local Meals on Wheels programs across the country.



For more information, visit:
www.MealsonWheelsAmerica.org/ShareTheLove.