

# Meals on Wheels

A N D E R S O N

Donate  
Today!

## NICE MEALS

NICE (Nutrition In Case of Emergency) Meals are provided to our recipients for use at times when we are unable to deliver hot meals due to inclement weather or power outages. NICE meals are shelf stable, ready-to-eat solutions for emergency situations.

Assembling NICE Meals is a great activity for your family, church group or civic club and an easy way to get involved at Meals on Wheels.

### Each no-cook meal should include:

- Single serving, ready-to-eat, canned pop top soup (no condensed soup)
- Individually wrapped Nutri-grain or granola bar
- Single serving, canned or boxed juice (no grapefruit or energy drinks)
- Single serving, box of raisins
- Single serving, cup of applesauce or fruit
- Place all items in a one gallon plastic zippered storage bag



### Please deliver assembled NICE Meals to:

Meals on Wheels | 105 S. Fant Street, Anderson  
Mon - Thur 8 am - 4 pm | Fri 8 am - 2 pm

### For more information:

[www.acmow.org](http://www.acmow.org) | [info@acmow.org](mailto:info@acmow.org) | 864.225.6800