



COUNTY OF SAN DIEGO NEWS RELEASE

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SENIORS GIVE THANKS FOR HOME-DELIVERED HOT, TURKEY DINNERS *MOMeals Volunteers to Serve 1,500 Homebound Elders for Thanksgiving*

Not everyone can share a holiday feast with relatives. Some have no family. Some are too weak to shop for and prepare a meal. For hundreds of homebound seniors in San Diego County, their Thanksgiving dinner would be a TV dinner if it weren't for volunteers from the County's MOMeals program.

MOMeals gives these folks something to smile about on this holiday. MOMeals, which is administered by Aging & Independence Services, a division of the San Diego County Health and Human Services Agency, has had volunteers delivering more than 1,500 meals each Thanksgiving to shut-in seniors since 1991. The MOMeals sites are in South Bay, East County and Central San Diego.

This Thanksgiving, each MOMeals volunteer will visit a handful of seniors, spend time chatting and bring a hot turkey dinner with all the trimmings, plus a carnation and a colorful placemat made by local school children.

No meal recipient pays for the dinner. The food is covered by generous community donations.

Anyone interested in volunteering or making a donation to MOMeals can call (858) 495-5279.

All money donated to MOMeals goes to meals, not administrative costs.

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