



Meals on Wheels for Santa Cruz County delivers meals to more than 1,300 local older adults each year.

Thank you for another successful Food from the Heart!

Thank you to everyone who joined us for the Food from the Heart luncheon and Valentine's Day extravaganza!

The 12th annual Food from the Heart Luncheon was a success, raising more than \$50,000 to support Meals on Wheels for Santa Cruz County to deliver nutritious meals and friendly human connection for more than 1,700 local older adults.

We extend our deep thanks to the supporters who joined us at the beautiful Chaminade Resort & Spa for the festive Valentine's Day-themed event. Check out [event photos](#) as attendees enjoyed food, wine, prizes, and the joy of coming together to provide essential services for Santa Cruz County older adults.

Please join us in sharing a special thank-you to the event sponsors who made this possible: Bay Federal Credit Union, Canyon View Capital, Tere and Paul Carrubba, Central Pacific Engineering, Driscoll's, Langlois Fancy Frozen Food, Lifespan Care Management, Lookout Santa Cruz, Ginny Solari Mazry, Penrose Chun & Gorman LLP, Redwood Grove Post Acute, Lisa Rose, Santa Cruz Community Credit Union, Santa Cruz County Bank, Santa Cruz Sentinel, and US Foods.



There is still time to add your support for Meals on Wheels. Your donations make it possible to serve older adults in need in Santa Cruz County: We depend on community support for every one-in-three meals served.

Check out our [video](#) highlighting the dedicated staff, volunteers, dining site guests and home delivery participants who make up our caring community. They make possible the nutritious meals and social support provided every day.



Join us in providing Food from the Heart

Director's note: Celebrate National Nutrition Month With Action!



March is National Nutrition Month!

Good food fuels strong communities. During National Nutrition Month in March, Community Bridges is taking action to ensure that every child, family, and older adult in our region has access to nutritious, healthy meals — but we can't do it alone.

That is why we've set a goal to raise \$20,000 to help our four programs that directly impact nutrition, including \$5,000 to support Meals on Wheels for Santa Cruz County. If you're able to, we [invite you to donate](#).

News & Notes

We're excited to announce the launch of our **new online volunteer application**—making it easier and faster than ever to join our mission! This streamlined process will help us bring on volunteers more quickly, allowing us to expand our support for seniors in need across Santa Cruz County.

If you've been thinking about making a difference in your community, now is the perfect time to get involved. Visit

communitybridges.org/volunteer to apply today and start changing lives!

In the Press

Click the headlines below to read local and national news about Meals on Wheels for Santa Cruz County and older adult services.

- [Wagner leads Meals on Wheels for Santa Cruz County as senior program director](#)
- [Meals on Wheels America urges](#)

Funds of \$5,000 will purchase food to prepare 1,000 meals for local older adults. Each day, our dedicated staff prepare fresh-cooked meals to serve at dining sites located throughout Santa Cruz County, where adults age 60 and over can enjoy lunch with friends. Every year, we serve more than 500 people at our four dining sites, and we deliver meals to more than 1,200 people in their homes.

If you can't give financially right now, there are still many ways to get involved. Your time, voice, and advocacy are just as valuable in ensuring no one in our community goes hungry:

- **Volunteer with Meals on Wheels for Santa Cruz County:** Deliver meals and provide companionship to local older adults, assist in one of our dining sites, or help with logistics. Volunteers are essential to ensuring homebound older adults receive warm meals and friendly check-ins. [Sign up to volunteer.](#)
- **Spread awareness:** Help us amplify our message about food insecurity and nutrition access by engaging with us online. Like, comment, and share our social media posts to educate your friends and family about the importance of fighting hunger in Santa Cruz County. You can also share a personal story about why fighting hunger matters to you. Tag us in your posts and help inspire others to take action!
- **Advocate for change:** Federal funding for nutrition programs is facing uncertainty and potential cuts. Stay up-to-date on legislative changes that could affect programs like Meals on Wheels. Call or email local and federal policymakers to support funding for food programs that serve thousands of our neighbors each year.

Thank you for supporting Meals on Wheels for Santa Cruz County during this National Nutrition Month. Your [contributions help transform our community.](#)

—Dana Wagner, Senior Program Director, Meals on Wheels

[Congress to reject funding cuts](#)

- [Explainer: What US social spending programs could be hit in Trump tax cuts?](#)

PG&E Assistance for Seniors with Medical Needs

If you or a loved one rely on power for medical equipment, PG&E's **Medical Baseline Program** can help by providing **bill discounts and extra power allotments** to those who qualify. Eligible devices include motorized wheelchairs, CPAP machines, respirators, and dialysis machines.

Additional Benefits:

- Financial savings on your energy bill
- Priority notifications before Public Safety Power Shutoffs (PSPS)

How to Apply:

Visit pge.com/medicalbaseline and fill out an application.

Share your confirmation code with your medical practitioner.



Have your medical practitioner complete and submit your application.

For paper applications, call **1-800-743-5000** or mail your completed form to PG&E's Billing Center.

Stay safe and ensure uninterrupted access to critical medical devices—apply today!

Lentil chili recipe



Lentils, tomatoes, and ground beef are a winning combination in the lentil chili. This recipe packs 9 grams of fiber per serving, and it is flavorful and filling.

Lentil chili

Ingredients:

- 1/2 pound ground beef (15% fat)
- 1 1/2 cups onion (chopped)
- 1 clove garlic (crushed)
- 2 cups lentils (cooked, drained)
- 2 cans tomatoes, low-sodium, diced or crushed (29 ounce or 2 cans 14 1/2 ounce)
- 1 tablespoon chili powder
- cumin, ground (1/2 teaspoon, optional)

Instructions:

1. Wash hands with soap and water.
2. In a large saucepan, brown beef over medium-high heat, breaking it into bite sized pieces. Drain fat.
3. Add onion and garlic and cook until softened.
4. Add lentils, tomatoes, chili powder, and cumin. Cook for about 1 hour until flavors are blended.

5. Serve hot, topped with your favorite chili toppings.

Source: USDA; Montana State University Extension Service Nutrition Education Program

Thank you for your ongoing support. Your kindness is transforming our community.

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