

2009 Fall Mountain Friendly Meals Annual Report

The Fall Mountain Friendly Meals had another fun year of breaking bread together every Tuesday and Thursday at 11ish at the Alstead Fire Station. We provided 25,352 congregate and meals on wheels to people in the five towns of the Fall Mountain area.

We serve full course home cooked meals. Our meals are prepared in our new kitchen, which we love. The Town of Alstead provides the kitchen and the Fire Station where we serve. We store our food and all our paper products needed for serving at the Langdon Town Office Building. We are grateful to both towns for providing the space so the meals program can continue.

It is a truly wonderful program providing not only a nutritious hot meal cooked with love but an opportunity for the people to have lunch together and have a good time being with other folks. People journey from all the towns to have a chance for a good meal and companionship. The meals-on-wheels provide a wonderful meal and someone stopping by to say hello and chat for a few minutes. Many people are able to stay in their homes because of the meals. The Friendly Meals is food for the body and food for the spirit.

We have many, many volunteers from all the towns that make it possible for the program to continue. There are sixty- three (63) volunteers from all the towns that participate in the Friendly Meals program by either preparing and transporting food, setting up the meal site and cleaning up the kitchen and meal site, serving and delivering meals on wheels. It is an awesome experience people coming together to bring a good meal and joy to the lives of others. The volunteers are truly a fantastic group of very dedicated caring people. Many have been volunteering for years. We thank you every one.

The entire program is supported by donations received from people of the Fall Mountain area along with a small FEMA Grant. We also annually receive a small portion of the Feinstein grant. All proceeds from the Alstead thrift Shop are donated to the Friendly Meals.

The Fall Mountain Friendly Meals is once again participating in the Feinstein Foundation Million Dollar Challenge Against Hunger. From the 1st of March to the 30th of April all donations given to the Friendly Meals will qualify us for a proportional share of the million dollars. All donations will be used to purchase food and paper products for serving. We appreciate all the support we have been given.

2010 will be another wonderful year together at the Friendly Meals.

Mary Lou Huffling