



WHEELS IN MOTION



It is not about us; it is about the people we serve.

Message from the Director

Spring is Almost Here! As we welcome the approach of spring, I'm looking forward to warmer weather and more time spent outdoors! It's always a joy to witness everything blooming and coming back to life after the winter months.



We would like to extend our sincerest apologies for the meal sealing issues that occurred recently. After a thorough investigation, we were able to pinpoint the problem and have since replaced the faulty equipment. We hope this issue is behind us and appreciate everyone's patience during that time.

We're excited to announce a new and beneficial partnership with **Benton Franklin Transit (BFT)**. We are now able to distribute **FREE Senior Passes for the BFT bus system!** If you're 65 or older and interested in obtaining a pass, simply contact our office or ask a Site Lead for more information. To register, we'll need your name, birth date, phone number, and email address (if available). Once registered, you can either pick up your pass at the site or receive it with your regular meal delivery. We're thrilled to offer this service and grateful for our partnership with Benton Franklin Transit.

In addition, our **Emergency Shelf Stable Meal Boxes** have been delivered. A big thank you to all the staff and volunteers who helped with the distribution to our Home Delivery clients. These boxes are intended for use in case we're unable to deliver meals due to weather or other emergencies.

Lastly, we're excited to announce the launch of our **annual Celebrate Your Pet program!** Wish lists are now being distributed to all Home Delivery clients, and forms will be available at each Dining Site for our Congregate participants. Completed lists should be returned to us by Friday, April 11th, either by mail or at a Dining Site. A huge thank you to Joan and her team of Elves for managing this special part of our program!

We are looking forward to a wonderful spring and all the exciting opportunities ahead. Thank you again for your continued support!

– Brian Kinner



**Mid-Columbia
Meals on Wheels**

In addition to home delivery and dine-in meal service, Mid-Columbia Meals on Wheels provides critical well-checks, socialization, education opportunities, birthday and holiday celebrations, a pet program, a senior farmers market voucher program and more. Meal funding is provided by Southeast Washington Aging & Long Term Care Council of Governments, grant sources and private donations.

Mid-Columbia Meals on Wheels does not discriminate in providing services on the grounds of race, color, religion, national origin, gender, age, marital status, sexual orientation, political ideology, or the presence of any sensory, mental, or physical disability.

Volunteer Appreciation Program

Show your volunteer badge when patronizing these local businesses to receive the discount listed.

All participating locations are listed below.

Company & Participating Location(s)	Discount
Les Schwab Benton & Franklin Counties	Tire Discount
Tap & Barrel 112 Keene Rd Richland (509) 987-4561	10%
Nothing Bundt Cakes 110 Gage Blvd, #200 Richland (509) 392-7196	10%
Sub Zero Nitrogen Ice Cream 321 N Columbia Center Blvd Kennewick (509) 396-9402	20%

Thank you to the businesses that support us and our volunteers!



ABOUT MID-COLUMBIA MEALS ON WHEELS

Mid-Columbia Meals on Wheels serves Benton and Franklin counties. We offer nutritious meals for adults age 60 or older. This service often makes it possible for individuals to remain in their homes with the support of volunteers through meal delivery.

Home delivered meal service is available in Tri-Cities, Benton City, & Prosser 5 days a week, Monday through Friday. Connell offers home delivery with meals served Tuesday through Friday. Hot and/or frozen meals are available, up to 7 meals per week for all locations. **Home delivery client eligibility:** 60+ years old, primarily homebound, unable to cook, no meal support.

In addition to home delivery and dine-in meal service, Mid-Columbia Meals on Wheels provides critical well-checks, socialization, education opportunities, birthday and holiday celebrations, a pet program, a senior farmers market voucher program and more. **Meal funding is provided by Southeast Washington Aging & Long Term Care Council of Governments, grant sources and private donations.**

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Volunteer Spotlight

A new season is about to Spring upon us. The Meals on Wheels staff and clients are delighted to announce that 21 more community members have joined the team in just the past month. We are truly blessed to have such a caring, strong, dedicated cadre of volunteers who make our services possible for thousands of local seniors at no charge. In 2024, there were 573 active volunteers who donated 41,249 hours of service. Home-delivery drivers drove 153,291 miles last year taking meals to homebound seniors while offering words of kindness during their friendly visit.

Yet, even with these amazing statistics, we need more volunteers to join us. We have delivery routes that need a permanent driver (once a week for 1.5 hours). In addition, we have two and three-hour shifts available in both the central kitchen packaging meals and in our dining sites serving seniors their mid-day meal. For information on how you can join the awesome volunteers brightening the lives of local seniors, contact Natalie Huggins, (509) 735-1911 or nhuggins@seniorliferesources.org.

Save the Date!

MARCH 17 - St. Patricks Day Word Search

Available at any MCMOW Dining Site

Enter your completed puzzle/word search to be entered into the drawing!

Pet Pantry

Are your dogs or cats needing food assistance? Meals on Wheels offers pet support through our Pet Pantry. If you are needing or would like to donate food, please call our main office: (509) 735-1911.



Please Welcome Our Newest Volunteers!



Thank you volunteers! 

For information on how to join the incredible volunteer team at Mid-Columbia Meals on Wheels call (509) 735-1911 or email nhuggins@seniorliferesources.org.

**Leadership
Students Visit**
LEGACY HIGH SCHOOL



Bridging Generations:
Enjoy a Meal, Spark a Connection!



Thursday, March 13, 2025



11:45 AM - 12:15 PM



Mid-Columbia Meals on Wheels Café
1834 Fowler Street
Richland, WA 99352

WORD SEARCH

Words may be horizontal, vertical, diagonal, or backwards

Acorn Squash	A	C	O	R	N	S	Q	U	A	S	H	C	E
Bulgur	S	A	P	K	E	A	D	L	I	N	E	W	I
Chard	N	M	E	D	R	M	P	O	P	C	O	R	N
Chicken	O	R	P	S	U	A	E	S	B	L	Y	U	D
Edamame	O	Y	A	I	N	T	C	A	S	D	E	G	B
Honeydew	T	A	R	O	R	O	O	T	N	K	N	L	S
Kiwi	E	D	M	D	K	M	H	R	I	A	U	U	R
Lychee	R	B	E	E	Y	C	B	W	O	C	R	B	R
Okra	W	I	S	A	R	D	I	N	E	S	B	Y	E
Parmesan Cheese	N	R	A	N	O	M	W	H	R	N	T	S	N
Popcorn	E	L	N	A	L	E	E	M	A	M	A	D	E
Sardines	K	U	C	S	A	T	S	G	S	T	P	E	C
Sesame Seeds	C	T	H	D	E	C	U	B	O	R	W	E	H
Tamarind	I	G	E	L	Y	H	R	A	O	M	H	S	I
Taro Root	H	Q	E	H	O	L	Q	D	M	W	C	E	L
Yogurt	C	H	S	P	G	R	N	L	G	E	D	M	A
	O	P	E	C	U	I	P	R	E	D	R	A	T
	P	W	G	B	R	P	K	H	N	Y	Q	S	D
	L	I	O	A	T	U	C	P	A	E	N	E	W
	N	G	M	R	R	Y	E	H	T	N	U	S	C
	R	A	E	K	L	G	I	N	O	O	R	I	F
	T	O	L	B	A	D	W	E	C	H	A	R	D

Breakfast Club

Wednesdays at the Café

1834 Fowler St, Richland

8:00 AM - 10:00 AM

POWERED BY:



March 5th - Pancakes

March 12th - Biscuits & Gravy

March 19th - Chicken Fried Steak

March 26th - Waffles

MARCH MENU

Pasco Ray Pfleuger Center (Parkside)
253 Margaret St, Pasco | (509) 545-2169

Meals for seniors age 60+ are provided free-of charge on a donation-only basis.

MON	TUES	WED	THUR	FRI
3 Herbed Chicken Mushroom Gravy Au Gratin Potatoes Tossed Salad Yogurt & Berries Milk	4 Pork Carnitas Mexican Coleslaw Refried Beans Corn Tortilla Fruit, Milk	5 Beef Lasagna Italian Vegetables Caesar Salad Breadstick Fruit, Milk	6 Chicken Fajitas Rice & Beans Flour Tortilla Fruit, Milk	7 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk
10 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Fruit, Milk	11 Chicken w/ Red Sauce Refried Beans Spanish Rice Tossed Salad Corn Tortilla Fruit, Milk	12 Sweet & Sour Pork Fluffy Rice Asian Vegetables Fruit, Milk	13 Corned Beef & Cabbage Herb Roasted Potatoes Seasoned Carrots Dinner Roll Green Poke Cake* Fruit, Milk	14 Turkey Mole Mexican Rice Broccoli Corn Tortilla Fruit, Milk
17 Chicken Pot Pie Green Peas Tossed Salad Fruit, Milk	18 Beef & Bean Burrito Spanish Rice Mexican Coleslaw Fruit, Milk	19 Scrambled Eggs with Peppers Sausage Patty Chuck Wagon Potatoes Bran Muffin Fruit, Milk	20 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	21 Chicken Tostada Refried Beans Tossed Salad Fruit Cocktail Fruit, Milk
24 Chicken Alfredo Italian Vegetables Breadstick Fruit, Milk	25 Pork w/ Potatoes in Tomatillo Sauce Mixed Vegetables Fruit, Milk	26 Chili Mixed Vegetables Cornbread Fruit, Milk	27 Caldo de Pollo Refried Beans Spanish Rice Corn Tortilla Fruit, Milk	28 Tuna Noodle Casserole Lyonnais Carrots Cookie* Fruit, Milk
31 Swiss Steak Mashed Potatoes Garden Vegetables Fruit, Milk				



*Dessert items are served occasionally, and all clients will receive them unless they have specifically requested not to. If a dessert is served to you in error, we apologize and kindly ask that you dispose of the item.

Meal Guidelines and Food Safety: Please be aware that we are unable to accommodate specialized or allergy-specific diets. We ask that you carefully monitor what you eat. If you require a substitute meal, a frozen option can be provided if requested with adequate notice. Once a meal leaves our care, Meals on Wheels cannot be responsible for its safety or quality. Leftover food should be refrigerated right away and eaten within 2 days to ensure freshness. *Thank you for your cooperation and enjoy!*



Home Delivered Meal Service Available in Tri-Cities, Benton City, & Prosser 5 days a week, Monday through Friday. Connell meals are served Tuesday through Friday. Hot and/or frozen meals are available, up to 7 meals per week.

Home Delivery Client Eligibility: 60+ years old, primarily homebound, unable to cook, and no meal support at home.

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MARCH MENU

Mid-Columbia Meals on Wheels

Dine-In meals require 24-hour advanced reservation.

Meals for individuals age 60+ are provided free-of charge and on a donation-only basis.

MON	TUES	WED	THUR	FRI
3 Herbed Chicken Mushroom Gravy Au Gratin Potatoes Tossed Salad Yogurt & Berries Milk	4 Smothered Pork Chop Mashed Potatoes Mixed Vegetables Fruit, Milk	5 Beef Lasagna Italian Vegetables Caesar Salad Breadstick Fruit, Milk	6 Chicken Fajitas Rice & Beans Flour Tortilla Fruit, Milk	7 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk
10 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Fruit, Milk	11 Dijon Chicken Sweet Potato Mash Seasoned Beets Fruit, Milk	12 Sweet & Sour Pork Fluffy Rice Asian Vegetables Fruit, Milk	13 Corned Beef & Cabbage Herb Roasted Potatoes Seasoned Carrots Dinner Roll Green Poke Cake* Fruit, Milk	14 Turkey Tetrazzini Squash Medley Tossed Salad Fruit, Milk
17 Chicken Pot Pie Green Peas Tossed Salad Fruit, Milk	18 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	19 Scrambled Eggs with Peppers Sausage Patty Chuck Wagon Potatoes Bran Muffin Fruit, Milk	20 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	21 Breaded Chicken Sandwich & Fixings Corn Chowder Broccoli Salad Fruit, Milk
24 Chicken Alfredo Italian Vegetables Breadstick Fruit, Milk	25 Apple Pork Chop Mashed Sweet Potatoes Seasoned Beets Fruit, Milk	26 Chili Mixed Vegetables Cornbread Fruit, Milk	27 Chicken and Rice Casserole Green Beans Fruit, Milk	28 Tuna Noodle Casserole Lyonnais Carrots Cookie* Fruit, Milk
31 Swiss Steak Mashed Potatoes Garden Vegetables Fruit, Milk				



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Congregate Dining Sites | Meals served daily at 11:30 AM, Monday- Friday, upon advanced reservation.

Meals on Wheels Cafe

Hours: 11:00 AM-1:00 PM

1834 Fowler St

(509) 736-0045

No reservation required

Richland Community Center

500 Amon Park Dr

(509) 943-0779

Kennewick

500 S Auburn St

(509) 585-4241

Pasco First Avenue Center

505 N 1st Ave

(509) 543-5706

Prosser Community Center

1231 Dudley

(509) 786-1148

Benton City

Desert Rose Complex

510 14th St

(509) 588-3094

Connell Community Center

Open Tuesday - Friday

211 E Elm

(509) 234-0766

Pasco Ray Pflueger Center

235 Margaret St.

(509) 545-2169

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