

Food for Thought

Metro-Erie Meals On Wheels / (814) 452-6930 / www.MealsOnWheelsErie.org

March: National Nutrition Month

The following is excerpted from a Message From The Assistant Secretary Kathy Greenlee.

“As part of National Nutrition Month, I join the national aging services network in celebrating the 40th anniversary of the Older Americans Act (OAA) Nutrition Program. In communities across the country, older adults join friends at a congregate site to enjoy well balanced meals, while homebound seniors are able to receive a meal delivered to their home.

Millions of older adults suffer from hunger, malnutrition, and food insecurity. For many, the



meal they receive from the OAA Nutrition Program is their only meal of the day. Hunger does not discriminate; it targets individuals of all racial and ethnic backgrounds, and socio-economic levels.

In 2010, the United States Department of Agriculture found that about 4.6 million older adults experienced some form of food insecurity. In 2010, a survey by the Administration on Aging (AoA) of program participants found that twelve percent of home delivered meals recipients and six percent of congregate meal participants had to choose between buying food and paying for their rent or utilities.”

The Older Americans Act and United Way funds our GECAC meal delivery program.

Welcome New Volunteers!

Welcome to our new volunteers who joined us in February.

Charris A. Brunot
Barb Yohe

Cindy and Stephanie Rice will be joining us in April after their mission trip abroad.

Reminder: We can custom design a driving map for you! Just let us know where you want your last delivery to be scheduled.

1128 State Street
Suite 317
Erie, PA 16501
(Citizens Bank building)

8AM to 4PM

p (814) 452.6930

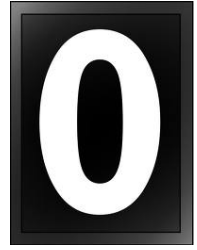
f (814) 452.6931

The Skinny on Mileage

It has taken a while but I finally have the skinny on volunteer mileage and the IRS. Here goes:

Any volunteer who is reimbursed for mileage does not pay income tax on that mileage regardless of the amount. Therefore, a Form 1099-MISC is not required. On a side note, you cannot include reimbursed mileage as an expense on your personal deductions.

You can donate your mileage. The amount you would use on your IRS deductions would be at the Volunteer Rate of 14 cents per mile (2012 tax year). You cannot use 51 cents per mile since that is a Business Employee Rate.



In Memoriam

We remember those who have recently passed away.

Anthony Marsowicz—survived by his wife, Jeanine Marsowicz, long-time Executive Director of Metro-Erie Meals On Wheels.

Robert Palmer—Active Volunteer. His wife, Becky, continues to deliver Route 4.

Dan Miller—Long-time Past Volunteer.

All three families wished for Metro-Erie Meals On Wheels to be remembered by memorials.

A Late Valentine for Nicole

On Wednesdays and Fridays **Nicole Franco** volunteers to deliver meals on Hamot Route 8. She received a late valentine on Wednesday, February 15th from one of the gentlemen on her route. It touched her heart and she told us how glad she is to have started volunteering with Metro-Erie Meals on Wheels.

Would you share your own story or that of a client? We will publish them in Food For Thought.



Sign up for our blog at
www.MealsOnWheelsErie.org



Find us on
Facebook

Email us anytime at
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