



Colonial Meals on Wheels *
107 East 4th Avenue *
Conshohocken, Pa. 19428
(610) 825-4254

Dear Friends,

I want to introduce myself. I, Derek Crawford am the Meals on Wheels Coordinator for Colonial Meals on Wheels. We offer subsidized meals to the elderly and the convalescent. We have recently acquired Bridgeport as an area in which we cover. Montgomery County shifted the lines for the county. Our coverage area now includes Plymouth Meeting, Whitemarsh, Lafayette Hill, Conshohocken, West Conshohocken and Bridgeport. Colonial Meals on Wheels has been serving meals since 1972. We aim to help as many as are in need. If you know of anyone who would benefit from this service or would like to volunteer to deliver meals please contact us. I have enclosed a brochure with information on our program. If you need any other information or for more brochures please feel free to contact us. Derek Crawford (610) 825-4254, Director, Sandi Fryer (610) 828-6595.

Thank you for your time and have a wonderful day.

Sincerely,

Derek Crawford



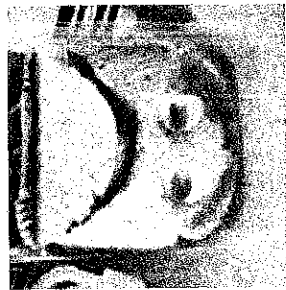
DEDICATED VOLUNTEERS

Colonial Meals on Wheels uses 60 dedicated volunteers per week to bring patrons their meals. These wonderful people, young and old are the eyes and ears of the program. They provide a friendly visit for patrons and a monitoring gage for our office

Colonial Meals on Wheels consists of 6 routes each day that are manned by 2 volunteers each.

Although there is a "core" group of volunteers, Colonial Meals on Wheels is in need of substitute volunteers. Life changes every day - a substitute can become a member of the "core" quickly!

If you would like to become a volunteer, Please call:
DEREK CRAWFORD
610-825-4254



HOW IT WORKS

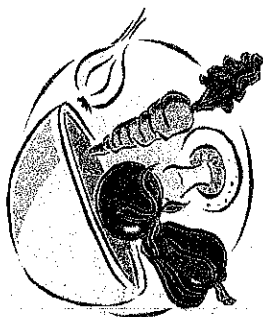
Meals on Wheels patrons receive a hot entree and a cold bagged meal five days a week. Patrons are encouraged to eat the hot meal when it arrives and save the cold meal until dinner. This insures that the patron is getting a hot nutritious meal while not having to touch the stove.

If you or someone you know are in need of Meals on Wheels and live in Conshohocken, W. Conshohocken, Bridgeport, Plymouth or Whitemarsh, you may call and talk with

Meals on Wheels Coordinator,
DEREK CRAWFORD
or
Executive Director,
SANDI FRYER
610-825-4254
or
610-828-6595

OUR MISSION

To enable the elderly, disabled or handicapped to remain in their homes as long as possible, while insuring adequate nutrition and social contact.



QUALITY INGREDIENTS

BTC FOODS, INC. caters our program and works hand in hand with the dietitian from AGING & ADULT SERVICES of Montgomery County. All meals are low salt and low fat. Counting carbs is used so that the diet is also suited for the diabetic