

Meals and Nutrition Services

Older adults may have debilitating, long-term conditions that affect their ability to shop, prepare meals or feed themselves. What's more, both chronic and acute ailments often suppress the appetite even as they increase the body's need for nutrients. Dementia, Alzheimer's disease, alcoholism and other illnesses that affect mental functioning also have a profound influence on appetite and on the capacity to prepare and eat healthy meals. Caregivers also are often at risk, neglecting themselves while they tend an ailing partner.

Most counties offer a variety of resources for meals and nutrition

services. Seniors may qualify to receive home-delivered meals. You may also call your Department of Social Services or Senior Center for more information. In addition to home-delivered meals, there are numerous sites where seniors gather for a meal. Operating hours and days may vary by site. Other organizations offer grocery relief by providing and delivering both fresh and frozen items at a cost savings. Volunteers are the lifeline of these organizations. Each day hundreds of volunteers help cook, package and deliver meals to the homebound elderly and disabled. For more information, contact the sites or agencies listed.

ANSON

Ansonville United Methodist

Main St., Ansonville, NC 28007
 T 704 694 6616

Deep Creek Community Center

Rt 3 Deep Creek, Deep Creek, NC 28170
 T 704 694 3353

Glennie R. Bennett Community Center

207 W 145, Morven, NC 28119
 T 704 851 9440

Grace Senior Center

199 NC Hwy 724 S., Wadesboro, NC 28170
 T 704 694 6616

Peachland Women's Club

40 Passaic Ave., Peachland, SC 29133
 T 704 272 8927

White Store Community Center

White Store Rd., White Store, NC 28170
 T 704 272 7012

CABARRUS

Franklin Heights Baptist

526 Wright Ave., Kannapolis, NC 28081
 T 704 932 5013

Harrisburg United Methodist

4560 Highway 49 South, Harrisburg, NC 28075
 T 704 455 1433

Lane Street Church of God

2711 Lane St., Kannapolis, NC 28083
 T 704 932 1101

Logan Multipurpose Center

151 Rone Ave., Concord, NC 28025
 T 704 920 5623

Mt. Pleasant Enrichment Center

8615 Park Dr., Mt Pleasant, NC 28124
 T 704 436 8034

GASTON

Bessemer City

220 S 14th St., Bessemer City, NC 28016
 T 704 862 7540

Burge Memorial United Methodist

312 W Glendale Ave., Mt. Holly, NC 28120
 T 704 862 7540

Cherryville Manor

201 S Dixie St., Cherryville, NC 28021
 T 704 862 7540

Holy Communion Lutheran

103 W Church St., Dallas, NC 28034
 T 704 862 7540

Queen of the Apostles

503 N Main St., Mt Holly, NC 28120
 T 704 862 7540

West Gastonia-Linwood

1600 Conrad Ave., Gastonia, NC
 T 704 862 7540

IREDELL

Central United Methodist

214 N Academy St., Mooresville, NC 28115
 T 704 664 4915

Harmony United Methodist

Hwy 901 at Hwy 21, Harmony, NC 28634
 T 704 546 7006

Summit Village Community Center

1313 Pearl St., Statesville, NC 28677
 T 704 871 1607, ext. 14

Troutman Lunch and More

305 Perry Rd., Troutman, NC 28115
 T 704 677 2386

LINCOLN

Lincoln County Health and Wellness Club

PO Box 939, Lincolnton, NC 28093
 T 704 736 8811

MECKLENBURG

Ada Jenkins Center

212 Gamble St., Davidson, NC 28036
 T 704 892 8001

Charlottetown Terrace

1000 Baxter St., Charlotte, NC 28204
 T 704 336 2481

Cleveland Home Medical Equipment

608 West King Street, Kings Mountain, NC 28086
 T 704 734 1014

Ebenezer Baptist Church

2020 W Sugar Creek Rd., Charlotte, NC
 T 704 336 7815

Edwin Towers

201 W 10th St., Charlotte, NC 28202
 T 704 336 4511

Gethsemane AME Zion

531 Campus St., Charlotte, NC 28216
 T 704 336 4512

Hall House

426 N Tryon St., Charlotte, NC 28202
 T 704 336 6886

Loaves and Fishes

P.O. Box 11234, Charlotte, NC 28220
 T 704 523 4333

Johnston YMCA

3025 N Davidson St., Charlotte, NC 28205
 T 704 716 6300

McAlpine Terrace

6130 Pine Burr Rd., Charlotte, NC 28211
 T 704 432 0062

Mint Hill Philadelphia Presbyterian

11501 Bain School Rd., Mint Hill, NC 28227
 T 704 573 2490

Park Town Terrace

5800 Fairview Rd., Charlotte, NC 28209
 T 704 556 0567

Meals and Nutrition Services (continued)

Paw Creek Presbyterian

7400 Mt Holly Rd., Charlotte, NC 28214
T 704 336 7816

Belle Johnson Center

1000 Johnston Pl., Pineville, NC 28134
T 704 889 7444

Pleasant Grove United Methodist

1915 Oakdale Rd., Charlotte, NC 28216
T 704 432 2909

Shamrock Senior Center

3925 Willard Farrow Dr., Charlotte, NC 28215
T 704 926 4681

Southside Homes

3400 Griffith St., Charlotte, NC 28203
T 704 336 2625

Steele Creek Pleasant Hill Presbyterian

15000 York Rd., Charlotte, NC 28278
T 704 587 9208

Strawn Apartments

1225 S Caldwell St., Charlotte, NC 28203
T 704 336 2554

Tyvola Senior Center

2225 Tyvola Rd., Charlotte, NC 28210
T 704 817 5463

Veteran's Park

2136 Central Ave., Charlotte, NC 28205
T 704 432 0107

West Charlotte

2401 Kendall Dr., Charlotte, NC 28216
T 704 432 0063

ROWAN

Calvary Lutheran

303 5th St., Spencer, NC 28159
T 704 636 2152

China Grove Community Center

400 S Myrtle St., China Grove, NC 28023
T 704 857 0514

Grace Lower Stone Church

2405 Lower Stone Church Rd., Rockwell, NC 28128
T 704 209 3009

Granite Quarry Community Center

Geneva Oglesby Ctr., Granite Quarry, NC 28073
T 704 279 5837

John Calvin Presbyterian Church

1620 Brenner Ave, Salisbury, NC 28144
T 704 633 6374

Lafayette Community Center

617 Lafayette Cr., Salisbury, NC 28144
T 704 636 7758

Southern City Tabernacle

940 Long St., East Spencer, NC 28039
T 704 637 7703

Third Creek AME Zion Church

415 E Main St., Cleveland, NC 27013
T 704 278 2581

STANLY

Community Table

512 South First St., Albemarle, NC 28002
704 984 6825 scmc@cvnc.net

Community Table II

226 North Kendall St., Norwood, NC
T 704 474 9085

Elizabeth Heights Community Center

509 Martin Luther King Dr., Albemarle, NC 28801
T 704 984 9418

Norwood Community Center

247 Turner St., Norwood, NC 28128
T 704 474 5177

Oakboro Community Center

626 Long St., Oakboro, NC 28129
T 704 485 8211

UNION

Fairview Volunteer Fire Dept

7402 Concord Hwy., Monroe, NC 28110
T 704 853 1021

Indian Trail United Methodist

113 Indian Trail Rd, S., Indian Trail, NC 28079
T 704 821 5156

Locust Community Building

101 Park Dr, Locust, NC 28097
T 704 888 4265

Marshville VFW

Hwy 205, Marshville, NC 28103
T 704 283 3712

Mineral Springs United Methodist

5915 Old Waxhaw-Monroe Rd., Mineral Springs, NC 28108
T 704 843 5905

Monroe Center

624 N Bragg St., Monroe, NC 28112
T 704 283 3712

YORK COUNTY, SC

Senior Citizens Center

150 Johnston St., Rock Hill, SC 29730
T 803 328 0197

DID YOU KNOW?

Senior Hunger

- An astonishing 11.4% of all seniors (or 5million+) are currently facing the threat of hunger?
- The most likely to be at-risk are seniors with limited incomes, under age 70, African-Americans, Hispanics, the unmarried, renters and persons living in the South.
- Low-income seniors are more likely to be at-risk, but half of all at-risk seniors have incomes above the federal poverty line.
- Hunger affects all seniors, not just minorities. Over two-thirds of all hungry seniors are white.
- By 2025, it is estimated that 75 percent more seniors will experience some form of food insecurity and 33 percent more will suffer hunger.

*Meals On Wheels Association of America Foundation
Senior Hunger Study, March 2008*

Meals and Nutrition Services (continued)

HOME DELIVERED MEALS

ANSON COUNTY

Anson County Council on Aging
T 704 694 6616

CABARRUS

Meals on Wheels
320 E Cooperfield Blvd., Concord, NC 28025
T 704 788 3412

CLEVELAND

Cleveland County Council on Aging
100 TR Harris Dr., Shelby, NC 28150
T 704 482 3488

GASTON

Department of Social Services
330 N Marietta St., Gastonia, NC 28052
T 704 862 7833

IREDELL

Council on Aging
PO Box 344, Statesville, NC 28687
T 704 873 5171

LINCOLN

Lincoln Home Meals Program
T 704 732 2691
E Lincoln Christian Ministry
T 704 483 9238

MECKLENBURG

Department of Social Services
301 Billingsley Rd., Charlotte, NC 28211
T 704 432 1111
Friendship Trays, Inc.
2401-A Distribution St., Charlotte, NC 28203
T 704 333 9229

ROWAN

Meals on Wheels
1918 W Innes St., Salisbury, NC 28144
T 704 633 0352
Mobile Meals, Faith in Action of TriCounties
Unity United Methodist Church
505 Unity Church Rd, Kannapolis, NC 28081
T 704 932 7605

STANLY

Stanly County Meals on Wheels
T 704-986-3769
Stanly County Department of Senior Services
283 North Third St
Albemarle, North Carolina 28001
T 704 986 3769

UNION

Union County Nutrition
3230-D Presson Rd, Monroe, NC 28112
T 704 292 2570



Keep Us Cooking

Friendship Trays is a not-for-profit organization that provides nutritious meals and a friendly face, enabling our homebound neighbors to remain comfortable in their homes. Each day we deliver over 700 meals throughout our community.

Friendship Trays' success over the past 30 years is a direct result of the hard work and dedication of supporters, volunteers and friends. As a private non-profit, Friendship Trays relies solely on the generosity of our supporters.

**WE'RE HUNGRY
FOR YOUR HELP!**

**Looking for
Volunteer Drivers**

Friendship Trays is in need of volunteer drivers. Our organization delivers over 700 meals per day and we need approximately 85 drivers each day to make these vital deliveries. Are you interested in a meaningful volunteer opportunity that you can accomplish during your lunch hour? Call us at 704.333.9229

FRIENDSHIP TRAYS
2401 A Distribution St.
Charlotte, NC 28203

704-333-9229
www.friendshiptrays.org