

# Hoping To Dish Out More Meals

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MIDDLETOWN — The Community Renewal Team's kitchen on Hamlin Place is one of the city's busiest, dishing out 600 low-cost meals a day for the senior cafes and Meals on Wheels programs

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## MIDDLETOWN

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in the city and seven surrounding towns.

So what's another 50 meals or so a day? CRT spokeswoman Liz Dupont-Diehl said the agency would like to serve several dozen more seniors. People can apply themselves, or be referred by family members, by calling nutrition director Phyllis Pollack at 860-347-4465, Ext. 226 or 231.

"It's just as easy to cook a 12-pound roast beef as it a 10-pounder — we always have room for more," Dupont-Diehl said.

The cafes are in senior centers in Middletown, Portland, Cromwell, East Hampton, East Haddam and Middle-

field. The cafes offer nutritious meals along with frequent guest speakers and workshops on health care, diet, finances and other issues. Reservations are suggested for the cafes.

The Meals on Wheels program serves eligible homebound seniors in those communities, plus Durham. People can receive up to two meals a day at a price of \$1.75 for a single meal or \$3 per day — but no one is refused service for an inability to pay.

Meals are delivered between 10 a.m. and 1 p.m. and can include a hot noon meal and a cold evening meal.

"When you compare our meals ... to what you pay for at a restaurant, we're a great bargain," said Pollack.

The cafes have developed into social centers and the Meals on Wheels program has become CRT's eyes and ears in the community.

"In many cases, the contact allows us to connect people with the other services and programs they need," Dupont-Diehl said.