



## Tired of Cooking or Eating Alone?

There are many no-cost or low-cost meal opportunities in your community. We've compiled a handy reference sheet of Community Meals, MaH Vetted Meal Providers & Community Grocers/Cafés. These are all great resources for no-hassle prepared meals.

**Community Meals**- are Free unless otherwise noted and are open to all.

### Community Meals In Peterborough

Unitarian Church Spaghetti Supper	Each Wednesday at 5:30
Union Church UCC	Each Monday at 5:30 Sept.-May
All Saints Episcopal Church (no suppers in Aug. or 1 <sup>st</sup> Tuesday of Sept.)	Each Tuesday at 5:30
Community Center Senior Lunch	Each Friday at 10:30a.m.(social) & 11:30a.m. Lunch. Cost \$5.00. Reserve by Wed. at 4pm, call Ann at 924-3626

### Community Meals in Jaffrey

United Church	3 <sup>rd</sup> Thursday of the Month at 5:30
Friendly Meals at VFW	3 <sup>rd</sup> Thursday at 12:00 noon. Reserve by Wed. at noon, Call 532-2253 or 1-800-541-4145

### Community Meals in Rindge

Welcome Table at The Rindge Meeting House	4 <sup>th</sup> Monday at 5:00
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### Community Meals In Hancock

Community Supper at Vestry (next to UCC Church)	4 <sup>th</sup> Thurs. at 5:30 (Dec. date TBA; no supper in Aug. & Nov.)
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**Vetted Meal Providers**- will deliver home made meals to your home or do the cooking in your home. They can provide portioned meals for your freezer. Call MaH at 603-371-0809 for more details.

**Community Grocers/Cafés**- offer fresh &/or frozen prepared meals for pick-up.

Harrisville General Store	Phone: 827-3138
Hancock Market	Phone: 525-4433
Roy's Market, Peterborough	Phone: 924-3101
Nature's Green Grocer, Peterborough	Phone: 924-2233
Aesop's Tables, Peterborough	Phone: 924-1612
Fiddleheads Café & Catering	Phone: 525-4432

\*If you need groceries and for health reasons are unable to go out to get them, call us. We may be able to arrange delivery from 1 of the 4 above grocers. You may also qualify for Meals on Wheels. Call us at 603-371-0809.