

AROUND THE TABLE

A Meals on Wheels Publication

FEBRUARY 2026

MEALS AND MITTENS: PLANNING FOR WINTER WEATHER



Winter in New England has a way of keeping everyone on their toes. At Meals on Wheels of Rockingham County, the safety of our clients and employees always comes first. Because weather here can change quickly, we have clear plans in place to make sure our clients stay supported even when storms roll in.

Rule # 1: Be Prepared

Throughout the colder months, we periodically deliver what we call “Blizzard Packs”. Each pack contains the equivalent of two shelf-stable meals along with a real shelf-stable milk, to help clients stay prepared in case of closure or power outage. We also provide frozen meals when possible so households have extra food available during weather-related closures.

When The Storm Comes

Before the winter snow season begins, we hand a letter to all participants with important reminders. When the forecast calls for dangerous road conditions, there is a strong possibility that deliveries will be canceled for the day. Any closures are shared on WMUR and on our Facebook page (@RNMOW) so families and clients can stay informed.

When we have advanced notice of an incoming storm, our meal delivery drivers will tell their clients that we will be closed the following day due to weather. On the morning of a storm, our Meal Delivery Drivers call their clients to let them know if we’re closed. During that call, they also complete a wellness check, which is part of every delivery day. If a driver is unable to reach a client directly, the driver or Site Manager will contact the listed emergency contact and, when needed, request emergency services to be sure the client is safe.

After the Storm

Icy driveways are no match for our team. Our Meal Delivery Drivers are equipped with ice cleats to help them safely navigate slippery walkways and continue reaching clients as soon as conditions allow.



Winter weather may be unpredictable, but our commitment is not. We are always planning ahead so our clients can feel secure, cared for, and connected all season long.



*Thank you for all you do for me.
I appreciate you more than you
know, you make a difference in
my life.
-Susan*

MANAGER MILESTONE



Meet our Derry Meal Site Manager!

For nearly 12 years, Jessica Valentine has been a dedicated and passionate member of the Meals on Wheels team. As the Manager of our Derry Meal Site, one of the larger sites in our program, Jess leads with heart, always putting our clients first.

Overseeing a team of eight employees and coordinating meals for approximately 280 clients, Jess manages a fast-paced and ever-changing environment with exceptional skill and commitment. Her leadership ensures that our clients continue to receive the care, consistency, and compassion they rely on.

We are deeply grateful for Jess's hard work, positive spirit, and many years of service. Thank you, Jess, for all you do!

NEW

Grab & Go Meals

PORTSMOUTH EXPANDS SERVICES

We're excited to share that another one of our larger sites has expanded its services. Our Portsmouth meal site located at the Portsmouth Senior Center, will now be offering Grab and Go Meals 5 days a week!

Participants must be 60 years of age or older and fill out a brief registration form and menu selection.

We are excited to be able to offer this additional service for those who are in need of that extra meal assistance and are still able to get out and about. Portsmouth also continues to hold luncheon services on Tuesday & Thursdays, along with its monthly special meal which has up to 150 attendees!



Visit The Brook Casino in Seabrook, NH, March 12-21 to support Meals on Wheels of Rockingham County through their Charitable Gaming. 35% of all casino gaming proceeds help provide a meal to a homebound senior and supports Meals on Wheels in its mission to support the long-term health, independence, and well-being of Rockingham County's older adults.

BY THE NUMBERS

FEBRUARY SERVICE AT-A-GLANCE

EACH NUMBER REPRESENTS A NEIGHBOR SUPPORTED

CLIENTS	MEALS	RIDES
1,415	21,328	552



MEALS ON WHEELS OF ROCKINGHAM COUNTY
106 North Road | Brentwood, NH 03833 | (603) 679-2201
ADMIN@RNMOV.ORG
www.RockinghamMealsOnWheels.org

