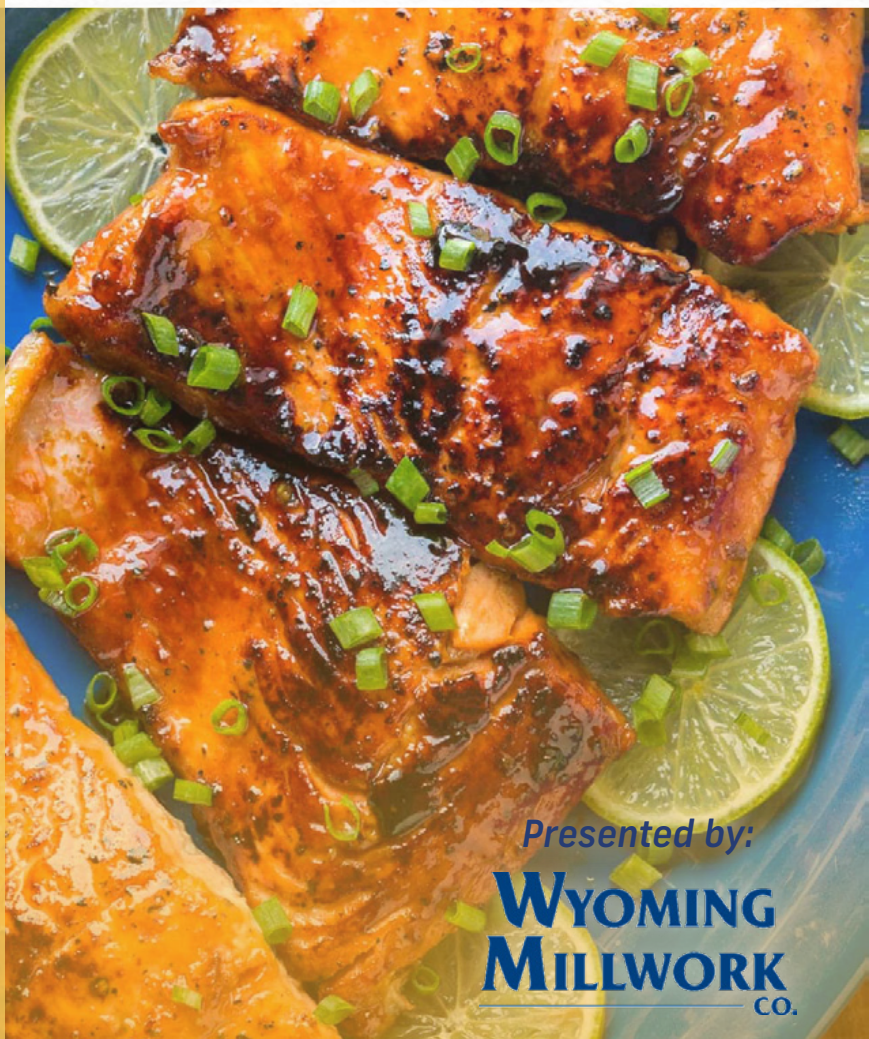


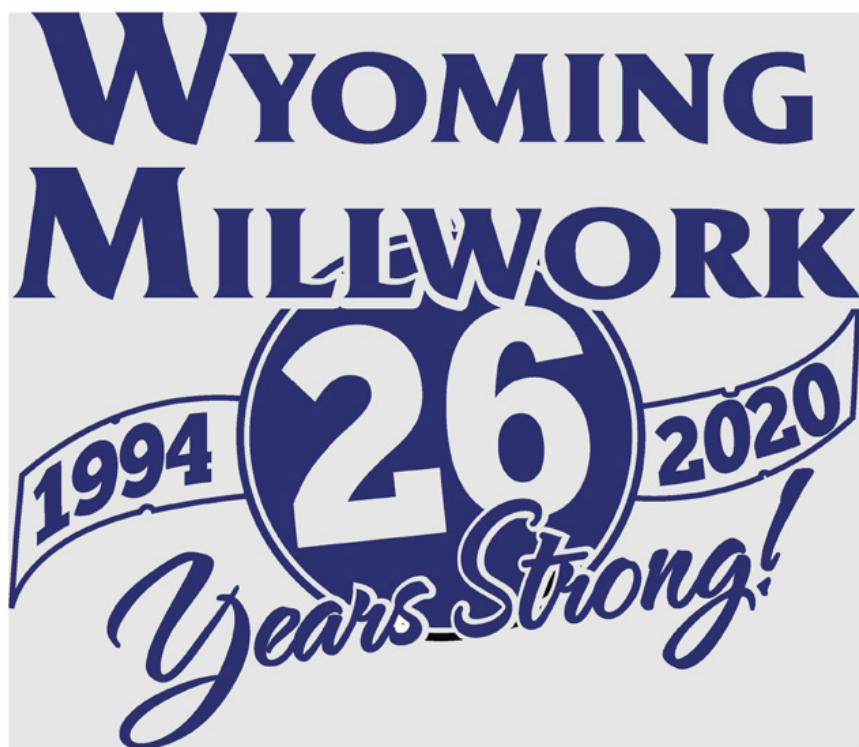
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ABOUT MEALS ON WHEELS DELAWARE

Meals On Wheels Delaware is a non-profit that raises funds and awareness in support of five meal delivery programs statewide. In 2019 these programs provided about 690,000 meals to over 4,400 homebound seniors.

Meal recipients are women and men, aged 60 and over, who often live alone. Most clients are struggling on a fixed income, and are unable to shop or safely prepare a hot meal for themselves. A large group of dedicated volunteers deliver the meals each weekday to waiting seniors.

The program has proven its value not only to seniors and their families, but also to the state. Funds raised at this event, and throughout the year, are used to ensure every senior in need throughout the state receives a meal without a waiting list. We are able to financially support equipment purchases to prepare and deliver hot meals, volunteer outreach and appreciation, as well as unfunded meals. We partner with Modern Maturity Center, CHEER, City Fare Meals On Wheels, Meals On Wheels Lewes Rehoboth and Newark Senior Center.

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**WE ARE THANKFUL FOR THE PROGRAMS AND MANY
DEDICATED INDIVIDUALS PROVIDING ASSISTANCE TO SENIORS
EACH WEEKDAY!**

Meals On Wheels Delaware holds several fundraising events throughout the state. Committees are formed to assist the staff, generate new ideas, recruit new restaurants, decorate and engage new volunteers.



MESSAGE TO OUR COMMITTEE

We are excited to thank our outstanding Sip & Savor at Home Committee for their dedication, creative ideas and enthusiasm in producing a virtual fundraiser for Meals on Wheels Delaware. ***"Volunteers do not necessarily have the time; they just have the heart."* – Elizabeth Andrew**

The Sip & Savor at Home Committee is dedicated to raising funds for Meals on Wheels programs in Kent County. Our committee are active members of the community. Meals on Wheels Delaware raises funds to support the five Meals On Wheels programs throughout the state that prepare and deliver hot meals during each weekday, ensuring that seniors receive the gift of health, and independent living, and companionship.

Thank you to our committee members for your tireless support of this event. We want to thank everyone who took the time to support Delaware's homebound seniors and Sip & Savor at Home!



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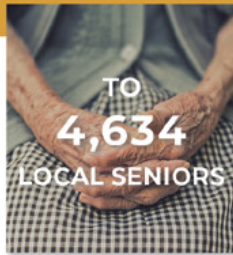
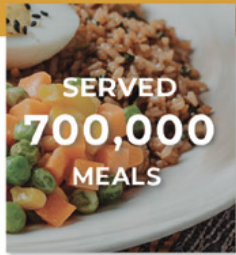
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Together we can end senior hunger.

AMAZING KENT-COUNTY VOLUNTEERS

Meals On Wheels Delaware would like to acknowledge and thank Kent County Volunteer Award winners!



In regular years we honor one outstanding Kent County Delivery Driver. It is an extraordinary year and we wanted to recognize everyone involved with Meals On Wheels in Kent County. They are truly extraordinary in the way they have responded to take care of vulnerable seniors during this pandemic.

Modern Maturity made it happen in Kent County. There were immediate adjustments to follow the new safety recommendations to keep seniors, volunteers and staff safe. Meal numbers increased as seniors who were sheltering at home were in need of a home delivered meal. Groceries, pet food and medication deliveries were added as options for those who needed them.

This was only possible because of the commitment from so many. The delivery volunteers old and new who turned up every day to make sure no one missed a meal, the kitchen team who didn't have an option to work remotely and the Meals On Wheels staff who were there to pull everything together.



The honoree of the Rae Short Volunteer of the Year Award on behalf of Sip & Savor goes to Tina Gardner. Tina has been volunteering with Sip & Savor for two years. In her short time with Meals on Wheels Delaware, she enthusiastically offers to recruit sponsors, reach out to auction donors and invite chefs to participate. She is creative and offers new ideas to keep the fundraiser fresh. This year was especially challenging due to the transition to our first virtual experience. Tina met the challenge with a positive attitude and was instrumental in the success of the event. Thank you and congratulations Tina.

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FRIDAY NIGHT

Featured Chef



Chef Sandra Winfrey

Formerly of Cajun Queens Cuisine

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We support Meals on Wheels Delaware in their efforts to help seniors maintain good health, and provide assistance with care and independence.

Cheers to you.



FRIDAY NIGHT

Jambalaya Recipe

Chef Sandra Winfrey's Recipe

Ingredients

Serves 4- 6

- chicken breast (2 lb)
- smoke sausage (1 lb)
- shrimp (1 lb)
- bacon (1/2 lb)
- 1 medium onion, chopped
- green onion (1 bunch cut thin)
- 1 bell pepper, chopped
- 3 garlic cloves, crushed
- celery (3) strips chopped
- bay leaf (1 lg leaf)
- crush tomato (2) 30 oz cans
- tomato paste (3 oz)
- beef broth (2) 16 oz cans
- Cajun seasoning (season to taste) & salt and pepper
- cayenne pepper (spice to your taste)
- rice (4 cups cooked rice)

Directions

Prep in advance (2 hours with cook time)

Cut chicken breast into cubes and season

Cut smoked sausage in bite size pieces and broil slightly

Peel and devein shrimp and season

Chop onion, bell pepper, garlic, celery, thinly cut green onion.

Fry bacon crispy in pieces

Once the bacon is fried add onion, garlic, celery, bell pepper to bacon grease and sauté slightly until tender then add crush tomato, tomato paste and beef broth.

Let simmer for 1 - 1-1/2 hours

Cook rice if not cooked already and set aside

Add chicken and smoke sausage to pot and simmer another 1/2 hr or more

Add most of the green onion, bay leaf and shrimp at the end until shrimp is pink

Just before serving, add rice to jambalaya meat sauce and mix (you can use more or less rice) or plate with rice separate and pour jambalaya sauce mix over rice.

Add more chopped green onion on top for added flavor and garnish.

Jambalaya is a full meal. You can add a side salad to go with it and a dessert.



Eat. Drink. Read. Think.
Feed your neighbor.

Thank you, Meals on Wheels
Delaware, for your work to
end senior hunger



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FRIDAY NIGHT

Soco Hurricane Cocktail Recipe & Wine Recommendation

BreakThru Beverage's Recipe

Soco Hurricane Ingredients

- 1½ oz. Southern Comfort
- 1½ oz. sweet and sour mix
- 1½ oz. orange juice
- 1½ oz. pineapple juice
- Splash of grenadine
- Ice cubes
- Orange wedge and a cherry, for garnish
- Cocktail pick/skewer, for garnish



Harvest Ridge Winery Wine Pairings

Harvest Ridge Winery dry red Malbec pairs well with the acidity and spice of the Jambalaya

The Harvest Ridge Colonial Jack cider is a hopped cider similar to a beer style





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SATURDAY NIGHT

Featured Chef



Chef Joseph Vitanza

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SATURDAY NIGHT

Honey Bourbon Salmon Recipe

Chef Joseph Vitanza's Recipe
of Cool Springs Fish Bar & Restaurant

Ingredients

- 6oz Salmon filet per person, skin on
- Honey Bourbon Marinade
- $\frac{3}{4}$ cup Bourbon
- 2 tablespoons honey
- $\frac{1}{2}$ teaspoon ginger minced or grated
- $\frac{1}{2}$ cup brown sugar
- 2 teaspoons soy sauce
- Juice of a fresh lemon
- Butter
- Pepper
- Salt

Directions

Prepare in Advance

Marinade: Mince or grate ginger. Combine Bourbon, honey, ginger, brown sugar, soy sauce in a bowl and let sauce marinate.

Recipe Steps:

Sprinkle salmon with fresh lemon juice, a thin layer of the honey bourbon sauce, salt and pepper.

Melt butter on the grill or pan

Place salmon skin side up

Flip salmon when nice and caramelized (approx. 4 minutes)

Finish salmon until almost cooked, but not done. Don't overcook the salmon or you'll end up with a dry meal.

Plate salmon and put finishing honey bourbon sauce on top.

Side suggestions: Potato Croquettes or a favorite vegetable or side salad





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SATURDAY NIGHT

Diamond State Bourbon Smash

Ron Gomes' Recipe of Painted Stave Distilling

Cocktail Ingredients

Serves 2 cocktails

- Diamond State Bourbon (4 oz)
- Lemon wedges (6 wedges)
- Mint leaves (16 leaves)
- Simple syrup (1.5 oz)

Tools needed:

- 2 oz measuring cup or jigger
- Cocktail Ice (small cubes)
- Cocktail shaker
- Mixing Glass
- Pestle
- Hawthorne strainer
- Fine Mesh strainer
- Simple syrup (1:1 pure cane sugar and water)
- 2 Rocks glasses

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Kathleen & Jim Hawkins
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planning committee
and the staff of Meals
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who made this
fabulous event!



SATURDAY NIGHT

Host Comedienne KMack



Kadreana Mack

Talented Comedienne
& Host

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Host Lyndon Yearick

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Entertainment - Jim Rezac



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SUNDAY NIGHT

Featured Chef



Chef Paul Cullen

of Paul's Kitchen & Cullen-ary Company



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SUNDAY NIGHT

Sausage & Mushroom Risotto Recipe

**Chef Paul Cullens's Recipe
of Paul's Kitchen & Cullen-ary Company**

Ingredients

Serves 4

- 1½ cups Risotto Rice
- 1 lb. Sausage
- 1 Sweet Onion or Leek (washed)
- 2 cups of Mushrooms
- 64 oz Chicken Stock
- 1 cup Parmesan Cheese
- 1 cup White wine
- Butter 3 pds (3 Tablespoons)
- Olive Oil

Equipment Needed:

- 10" or so fry pan and stirrer
- Stock pan with ladle for stock to add chicken stock to Risotto.
- Bowl to save ingredients during cooking

Directions

Prepare in Advance:

Chop onion or leek

Chop mushrooms

Bring stock to medium high heat in stock pan when we start

Recipe Steps:

Brown sausage meat in fry pan

Add chopped mushrooms, cook until done

Remove sausage and mushrooms and put in bowl for later

Heat olive oil in pan

Add chopped onion stir

Add rice stir

Add white wine stir

Slowly add warm stock from stock pan

Stir until absorbed

Repeat until rice is cooked

Add sausage and mushrooms then finish with butter and parmesan



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SUNDAY NIGHT

Americano Spritz Recipe & Wine Recommendation

Rob Bagley's Recipe

Americano Spritz Ingredients

- 1 oz. Cocchi Americano
- 1 oz. Aperol
- 4 oz. Prosecco
- Optional: Orange for orange twist garnish

Add Cocchi Americano and aperol to wine glass to mix. Then add prosecco.
Garnish with an Orange twist

Paul Cullen's

Wine Pairings

Wine suggestions: always available at Swigg in Wilmington
Arnies White: "Little Rascal" Medium body low in acidity, stone fruits, blossom
nose. It's the white wine for people who "Don't like white wine"

Barbera Red: Piemonte's daily drinker bright and fresh tasting. Interestingly,
is dark in color and light in taste. A very berry wine that's low in tannins and
higher in acidity which pairs great with rich foods. It's our go to nightly drinker
for me and a Bonnie!





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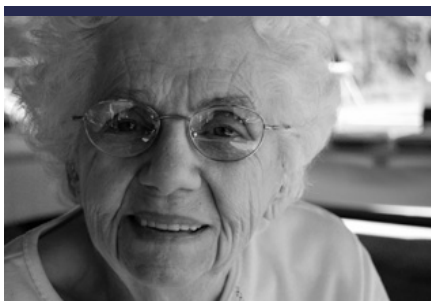
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