

# Closing of the Nutrition Program During Winter

When bad weather arrives, it's important to find out if our Home Delivered Meals, Dining Sites, or any other ADRC of the Lakeshore programming is being cancelled for the day! Announcements of closings will be made as early as 8:00 am in the following locations:

## Radio:

WOMT (1240 AM)  
WCUB (980 AM)  
WHBL (1330 AM)  
WDOR (910 AM or 93.9 FM)

## Television:

WBAY (CH 2)  
WFRV (CH 5)  
WLUK (CH 11)

If a winter storm is predicted, please try to keep some of the following food and items on hand to use if you get snowed in, the dining site/home delivered meals are cancelled, or there is a power outage.

- Canned Fruits & Vegetables
- Dried Milk or Evaporated Milk
- Canned or Dried Soups
- Canned Meat or Fish
- Instant or Ready-to-Eat Cereals
- Peanut Butter
- Crackers and Jam or Jelly
- Instant Coffee, Tea, or Cocoa
- Bread
- Granola Bars
- Canned Juices
- Bottled Water
- Pet Food
- Battery Operated Radio, Flashlight, and Extra Batteries
- Medications and Medical Supplies
- First Aid Kit
- Manual Can Opener
- Toilet Paper
- Hand Soap
- Hand Sanitizer - Water or Alcohol Based (60-90%)
- Extra Blankets, Coats, Hats, and Gloves
- Extra Cash
- Candles and Matches

**Stay safe this winter!**