



# Happenings at the HUB

## April 2024



### Wednesday Community Lunch

#### April 3

Tourtiere Meat Pie  
Mashed with Gravy,  
Seasoned Peas & Carrots,  
Sliced Peaches  
Vermont Maple Sundae

#### April 10

Lasagna with VT Beef,  
California Blend,  
Steamed Beets,  
WG Garlic Bread  
Happy Birthday Carrot Cake

#### April 17

Meatloaf with VT Beef,  
Mashed and Gravy,  
Green Beans,  
Seasoned Corn,  
WG Dinner Roll  
VT Maple Bread Pudding

#### April 24

Dried Beef & Egg Gravy  
over Mashed Potato,  
Seasoned Broccoli,  
Maple Winter Squash,  
Ginger Bread with Topping

Serving 11:00 AM to Noon  
\$5.00 age 60 and older \$8.00 under age 60

**To Reserve your Meal or Order take-out**  
Call 802-888-5011

### Pancake Breakfast

#### Friday April 26<sup>th</sup>

9-10 am

Pancakes w/ VT Syrup, Homefries,  
Sausage, Bacon, Fresh Fruit, Yogurt,  
Coffee & Juice

Serving 11:00 AM to Noon

\$5.00 age 60 and older \$8.00 under age 60

**To Reserve your Meal or Order Take-out**  
Call 802-888-5011

### Occupations

A	T	I	E	G	D	U	J	N	L	O	E	R	T
R	I	T	W	U	E	P	I	L	O	T	I	E	P
C	I	N	A	H	C	E	M	H	O	A	E	H	O
L	R	E	E	N	I	G	N	E	F	A	G	P	L
A	R	E	P	E	E	K	O	O	Z	H	D	A	I
W	C	L	E	R	K	F	T	O	B	R	R	R	C
Y	C	H	Y	I	L	R	D	A	A	I	E	G	E
E	R	E	L	O	N	O	P	U	R	E	M	O	M
R	C	N	R	U	I	L	G	V	A	M	R	T	A
E	R	I	R	T	S	I	T	N	E	D	A	O	N
E	S	S	M	C	R	A	N	C	I	A	F	H	F
T	E	R	U	K	D	T	B	V	R	B	K	P	O
R	E	B	R	A	B	I	E	B	A	N	K	E	R
R	E	V	I	R	D	R	C	F	F	E	H	C	U

Play this puzzle online at : <https://thewordsearch.com/puzzle/51796/>

GUARD  
ZOOKEEPER  
FLORIST  
LAWYER  
JUDGE

POLICEMAN  
PHOTOGRAPHER  
MECHANIC  
DIVER  
TAILOR

DENTIST  
DRIVER  
BANKER  
NURSE  
FARMER

ENGINEER  
PILOT  
CHEF  
BARBER  
CLERK

Meals on Wheels of Lamoille County Supports the Americans with Disabilities Act.

If you feel you have been discriminated against in the nutrition program, please call the **Central Vermont Council on Aging 1-802-477-1364**



## Compostable Tray FAQs

### What certification standard(s) does the tray meet?

Our trays are certified to meet CA Prop65 requirements, CA state bill 1335, ASTM 6868 and 6400 and EN 13432. Certification documentation for ASTM 6868 and 6400 from a BPI approved lab is available upon request.

### How long will it take for an Oliver tray to compost?

In an industrial compost facility the tray will be completely broken down after 180 days.

### Are the Oliver compostable trays ok to put in a home compost?

The trays meet municipal and industrial composting facilities standards. The trays have not been certified for backyard composting environment.

Please consult with your local authorities on composting facilities in your area.

### What are Oliver's compostable trays made from?

Our compostable tray bases are a blend of rapidly renewable sugarcane and bamboo fibers – it is a tree-free tray!

The moisture barrier liner is made from plant-based resin (PLA), a natural dextrose and sucrose by product of corn starch, sugar cane or beets.

### Can I use the compostable tray the same way the current Oliver fiber tray I purchase is used?

Absolutely! Our compostable trays can handle the same processing temperatures as our non-compostable fiber trays: -40° to 400° F.

### Can the Oliver compostable tray go in an oven? Microwave\*? Toaster oven?

Yes Oliver's compostable tray is both microwave and oven safe up to 400°. We recommend re-therming at 350° F in the oven.

No. Never put an Oliver compostable tray in a toaster oven. As a fiber-based tray it could catch on fire.

### Does the compostable tray need a special film lidding material?

The DuPont Mylar® film lidding that seals to our standard fiber trays also seals to our compostable fiber trays.

### How many trays come in a case?

All four trays come in a case pack of 800, the same as our standard fiber trays.

### What is different between Oliver's standard fiber trays and the compostable version?

There is a slight color difference – this is due to the natural blend of bamboo and sugarcane v tree fiber. The tray flange on the compostable tray has a slight turn down; our standard fiber trays have a straight or flat edge flange.

\*For microwave, vent the film lid by peeling back a corner.



## Meals on Wheels Community Survey Questions

### Introduction

Meals on Wheels of Lamoille County is undertaking a strategic planning process. As part of this process, we are seeking input and ideas from our community. We greatly appreciate you taking time to consider and answer the following 8 questions.

By scanning this QR code. We will also send you a paper survey for your ease. Thank you, Nicole



**Central Vermont Council on Aging Senior Help Line: 1-802-477-1364** Information and Assistance Specialists are available Monday-Friday to answer your questions about Aging Services, Housing, Transportation, Medicare, 3 Squares, Fuel Assistance, and more.