MEALS ON WHEELS ETC.

Et Cetera

Quarterly Newsletter, October 2026

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Meals on Wheels, Etc.'s 3rd Annual Giving Breakfast Celebration



The Meals on Wheels, Etc. Staff

We hosted our 3rd annual Giving Breakfast at The Rink at Northland Church on Thursday, September 24th. This year's event was a huge success with nearly 200 attendees filling the venue and raising more than $50,000 in critical funds from generous donors throughout our community. These donations will directly benefit seniors in Seminole County by supporting home-delivered meals, neighborhood dining centers, transportation, home assistance, weatherization and more.





Guests enjoyed a delicious breakfast buffet served by our very own Top Hat Catering.



Kia Blair, Senior Manager of Community Engagement for AdventHealth (Central Market) was our event Emcee. Kia brought a burst of energy and passion to this year's event and we were blessed to have her join us this year.





Executive Director, Mike McKee provided the guests with an overview of Meals on Wheels, Etc.'s programs and services that we provide to our senior neighbors right here in Seminole County.

Guest speaker Jay Groves, Executive Director of the Culinary Health Institute at 4 Roots Farm in Orlando shared our new partnership with 4 Roots and our joint adventure, “Good Roots - Healthy Meals,” which is scheduled to launch in the near future. Plans are to offer this healthy meal plan to the general public providing customers with another choice in the healthy food market. Stay tuned…. there is more to come!



The event closed with a heartfelt “ask” from Mike McKee expressing the need for community support to help us continue to maintain the programs and services to our seniors.



Thanks to all who attended and supported this event!

And a special "Thank You" to our 2026 event sponsors who made this event a reality.

Meals on Wheels Etc.

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THANK YOU!

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Congratulations!
Volunteer of the Quarter
July-September, 2026



Congratulations to Melissa Robinson, Volunteer of the Quarter. Melissa started her volunteer adventure with Meals on Wheels, Etc. in 2020 delivering meals in Sanford, Route 8 and has continued weekly ever since. She's usually accompanied by her furry companion, Basil.

Melissa's husband delivered meals years ago when Ms. Rubie managed the program. Melissa was still working at the time but joined her husband and stepdaughter on the Christmas Day deliveries. Once Melissa was no longer working, she decided to continue the family tradition and started her own route - lucky Sanford Route 8.

Melissa shares that one of her clients was in the hospital on Christmas Day, so Melissa delivered to her in the hospital. The client cried when she walked in and said that none of her friends remembered her on Christmas, but Meals on Wheels did - thanks to Melissa.

Melissa says "Rewards of being a volunteer outweighs the time and energy that is required to volunteer, and I encourage others to take time to experience it. Just knowing that you can make just a little difference in someone's life is a reward itself. It's not just about the food.
In some cases, the volunteer might be the only person that a client sees during the day."

Thank you Melissa!

Upcoming Campaigns/Events

mealsetc.org/events



Oviedo | Winter Springs Regional Chamber's Miles of Thanks 5K Run. Registration is open for this inaugural event. As one the event's beneficiaries, we're excited to be part of this special event supporting our community.

Bring your family, bring your four-legged friends, and join us for a morning of fitness, fun, and giving back!

When: Saturday, November 21, 2026 at 7 am-noon
Where: Central Winds Park, 1000 Central Winds Dr, Winter Springs

Register today and help turn miles into meals!

Register Now

Upcoming Holiday Events



Holiday Events will be announced soon, please look for details on our website at **www.meals.etc/events-campaigns**

And, you can also follow us on Facebook where we will post these events as well -
www.facebook.com/MealsonWheelsEtcSeminoleCountyFL

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Meals on Wheels, Etc.'s newsletter is published quarterly and shared with friends of the organization. We welcome suggestions and feedback on the publication and ask that they be sent to: Meals On Wheels, Etc., Attn: Et Cetera, 2801 S. Financial Ct., Sanford, FL 32773