

Calling All Of Essex County NJ Feed The Seniors Initiative

It takes a village; let's come together as a community to feed the seniors

Some Good Food – 560 Valley Road, West Orange NJ 07052
Phone: 862-252-6454 Email: mail@somegoodfoodllc.com
Website: www.somegoodfoodllc.com
Contact Chef Kia for all questions, concerns, and information regarding registering for our home delivered meals program. Call JACC- Dept of Aging to register for our program through Meals On Wheels.

SOME GOOD FOOD- MEALS ON WHEELS PROVIDER HOME DELIVERED MEALS PROGRAM November 2019 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Our Program Plans (Out-of-Pocket): <i>Monthly: \$115 (all meals shown for the month)</i> <i>Weekly: \$35/week (minimum 2 weeks)</i> <i>Daily: \$8/meal (no minimum)</i>		Meals on Wheels: To receive Some Good Food meals through the State funded program provided by Jersey Assistance for Community Caregiving (JACC), please contact- Essex County Division of Senior Services: 900 Bloomfield Ave, Verona or call: (973)395-8375		1 Oven Fried Chicken Mashed Cauliflower Vegetable Medley Dinner Roll Soup and Fruit
4 Balsamic Glaze Chicken w/Tomatoes and Mozzarella Cheese Roasted Zucchini Dinner Roll Soup and Fruit	5 Eggplant Parmesan Spaghetti Squash Green Beans Dinner Roll Fruit Cup	6 Baked Fish Butter Herb Quinoa Roasted Sweet Corn Dinner Roll Soup and Fruit	7 Turkey Meatloaf Mashed Cauliflower Peas & Carrots Dinner Roll Fruit Cup	8 Butter Herb Roasted Chicken Macaroni & Cheese Vegetable Medley Dinner Roll Soup and Fruit
11 Asian Zoodle Bowl Sautéed Korean BBQ Chicken Mini Vegetable Roll Soup and Fruit	12 Meat Lasagna (Ground Turkey) Green Beans Dinner Roll Fruit Cup	13 Parmesan Crusted Fish Yellow Cauliflower Rice Roasted Zucchini Dinner Roll Soup and Fruit	14 Roasted Turkey & Gravy Butter Herb Stuffing Vegetable Medley Dinner Roll Fruit Cup	15 Chicken Marsala Mashed Potatoes Green Beans Dinner Roll Soup and Fruit
18 Chicken Fajita Rice Bowl w/Cheese, Salsa, Guacamole, Onions, Peppers and Sour Cream Homemade Chips Soup and Fruit	19 Chicken Parmesan Spaghetti Squash Green Beans Dinner Roll Fruit Cup	20 Baked Salmon Mashed Sweet Potatoes Vegetable Medley Dinner Roll Soup and Fruit	21 Baked Turkey Wings Egg Noodles Roasted Zucchini Dinner Roll Fruit Cup	22 Chili Bowl with Brown Rice Shredded Cheddar Cheese and Sour Cream Vegetable Medley Dinner Roll Soup and Fruit
25 Roasted Chicken Mashed Sweet Potatoes Roasted Zucchini Dinner Roll Soup and Fruit	26 Meatball Parmesan Spaghetti Squash Green Beans Dinner Roll Fruit Cup	27 Baked Fish Yellow Cauliflower Rice Roasted Sweet Corn Dinner Roll Soup and Fruit	<u>HOLIDAY – NO MEALS</u>	

West Orange, Nov 11, 2019 (Issuewire.com) - Local Chef Zakiyyah Palmer is calling on all of Essex County New Jersey to be a village and come together to feed the seniors. This campaign will begin on #GivingTuesday November 12, 2019, in efforts to raise funds to #FeedTheSeniors. Chef Zakiyyah is asking Philanthropist, Donors, Sponsors, and Volunteers, everyone to help with getting healthy yet delicious meals to all of our seniors one county at a time. This is a vital service that not all the seniors can afford.

Chef Zakiyyah creates a monthly menu specifically for the seniors, accommodating all dietary needs. The meals are prepared by Zakiyyah, packaged, and delivered while still hot to the senior's homes Monday through Friday just in time for supper. All the meals are prepared at Some Good Food takeout restaurant, where Zakiyyah is the Chef and Owner, located at 560 Valley Road, West Orange NJ 07052.

All meals are paid out of pocket by each senior. Assistance from State Funded Programs is on hold through January 2020. Some seniors are able to pay for their meals but most are not as fortunate. Meal pricing is as follows: \$8/meal, \$35/week (2-week minimum), and \$115/month. If you are in a position to

Sponsor a senior by covering the cost of a senior's meal for a day, a week, a month; it will be greatly appreciated. If you are able to volunteer to package and/or deliver meals to seniors; or, if you're able to spread the word, or buy a #FeedTheSeniors t-shirt; it will be greatly appreciated. Chef Zakiyyah can no longer do it all alone financially and physically. We can only make a difference together. This campaign will be promoted on all Some Good Food social media outlets and the restaurant, allowing patrons to also have a share in furthering this initiative.

Giving makes one happy! Whether you're able to give monetarily or give your time, you'll be glad you did. Let's put a smile on the senior's faces and healthy meals on their plates; they'll truly appreciate it. All are invited to share in supporting this local small business in furthering this initiative to #FeedTheSeniors.

Some Good Food began in June 2014, with Chef Zakiyyah cooking healthy weeknight meals for seniors at home and delivering the food to them. Some Good Food was opened on Sunday, October 29, 2017, to be used as a takeout restaurant but more importantly as a commercial space for Chef Zakiyyah to continue cooking for seniors. Cooking is a passion, an enjoyment that Zakiyyah would like to share with everyone; especially the seniors as they're in need of the service. Chef Zakiyyah is committed to serving and making a difference in Essex County where she works and resides and all Counties thereafter.

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Pronunciation:

Zakiyyah [zah-KEY-ah]

Nickname: Kia [KEY-ah]

Sponsor/Donate/Order #FeedTheSeniors T-Shirts:

\$SomeGoodFood – CashApp

mail@somegoodfoodllc.com – PayPal

@sgf_somegoodfood – Instagram

@SomeGoodFoodLLC – Facebook

@SomeGoodFood1 – Twitter

560 Valley Road, West Orange NJ 07052 – Some Good Food takeout restaurant to pay by credit card, cash, or check.

For more information, please call Chef Zakiyyah Palmer at 862-452-6454 or email mail@somegoodfoodllc.com.



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Media Contact

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See on IssueWire : <https://www.issuewire.com/calling-all-of-essex-county-nj-feed-the-seniors-initiative-1649958813974082>