



ORDER OF MALTA  
American Association, U.S.A.  
**BOSTON AREA**

MASSACHUSETTS, NEW HAMPSHIRE, VERMONT, AND MAINE

## Fall Mountain Friendly Meals & Fall Mountain Food Shelf

Fall Mountain Friendly Meals  
Alstead Fire Station  
Alstead, NH 03062

Fall Mountain Food Shelf  
Baker Building  
Langdon, NH 03602

Malta Contact  
Sally Cashel, DM

Ministry Contact  
Mary Lou Huffling

Fall Mountain Friendly Meals and the Fall Mountain Food Shelf provide meals and food to the elderly homebound, chronically ill, and low-income families living in rural Alstead, NH and surrounding towns.

Fall Mountain Friendly Meals serves lunch to over 70 low-income elderly and handicapped people every Tuesday and Thursday at the Alstead Fire Station. This all-volunteer organization creates a welcoming and caring atmosphere that fights loneliness and “gives food to the spirit as well as the body.” Volunteers are needed to help set up the dining area at the Fire Station, serve meals and socialize with guests. Drivers are needed to give rides to and from the Fire Station and to help with a meals-on-wheels program, which delivers over 150 meals a day. There is also a need for drivers to bring senior citizens to and from doctor’s appointments, to pharmacies to pick up prescriptions, and home after hospital stays.

The Fall Mountain Food Shelf was displaced by severe flooding and is now temporarily located at the Baker Building in Langdon, NH. Open from 10:00 am to 4:30 pm on Mondays, Wednesdays, Fridays and Saturdays, the Food Shelf provides food as well as personal and household items to over 70 families each week.

Volunteers are needed to pick up and deliver supplies, help stock shelves, and assist shoppers.

### Wish List

- Fall Mountain Friendly Meals is asking for your prayers as it must find a new home to prepare the lunches it serves at the Alstead Fire Station and a permanent place to set up the Food Pantry.
- Commercial refrigerator
- Commercial oven, sinks, and can opener