



MERIDEN DEPARTMENT OF HEALTH AND HUMAN SERVICES



March 2026

MONTHLY HEALTH Newsletter

WWW.MERIDENHEALTH.COM

CONTACT INFO

165 Miller Street
Meriden, CT 06450

(203) 630-4226

Monday-Friday
8:00am - 4:30pm

Clinic Services

(203) 630-4234

Environmental Health

(203) 630-4226

Public Health Education

(203) 630-4288

Meriden Early Start

(formerly School Readiness)

(203) 630-4222

Youth Services

(203) 639-5058

Public Health Emergency

Preparedness

(203) 630-4288

School Health

(203) 630-4239

Senior Center

22 W. Main Street

(203) 237-0066

MARCH IS NATIONAL NUTRITION MONTH

It's National Nutrition Month! This annual campaign invites everyone to learn about making informed food choices and develop healthful eating habits. In Meriden, we work strive to increase access to healthy and nutritious foods through partnerships with community organizations and through food service programs offered at Meriden Public schools and our Senior Center.

In Meriden:

1. The Senior Center offers lunch through a daily elderly nutrition program. The meals, provided by Trio Community Meals, are served Monday through Friday at 11:30am. Lunches are nutritious and well-balanced with protein, vegetables, fruits, dairy, and carbs that help maintain a healthy diet. To learn more about the Center's nutrition program please call (203) 237-0066. The menu can be viewed in the Senior Center monthly newsletter, available at the Senior Center or online at www.meridenhealth.com.
2. Meriden Public Schools' Food and Nutrition Services provides breakfast and lunch to all students at no charge, following recommended dietary guidelines to keep students healthy and ready to learn. To learn more and view current school lunch menus, please visit their website [here](#).
3. To address food insecurity Connecticut Foodshare, in partnership with New Opportunities of Greater Meriden, hosts mobile food pantries every other Thursday from 1:00 - 2:00pm at Ceppa Field (83 Gale Avenue) in Meriden. Sign up for alerts in case of cancellation by texting the word FOODSHARE to 85511. To find additional locations, visit their website: <https://www.ctfoodshare.org/find-food>.
4. For more resources, including local on food pantries, visit our Community Assistance webpage [here](#).



Stop by our resource table at 165 Miller Street during the month of March for resources on nutrition and healthy eating habits. FREE nutrition bags will also be available while supplies last.

Questions? Call our Public Health Educator at (203) 630-4288.

UPDATES FROM MARLEY THE MERIDEN LION

KINDERGARTEN INFORMATION NIGHT

Our office will be distributing immunization info bags at kindergarten information nights. If your child will be 5 years old by September 1, 2026 consider attending March 11, 2026, from 5:30 - 6:30pm at your child's homebased elementary school:

- John Barry
- Benjamin Franklin
- Nathan Hale
- Hanover
- Thomas Hooker
- Casimir Pulaski
- Israel Putnam
- Roger Sherman



If you have questions about health requirements for school, please contact our Public Health Clinic at (203) 630-4234.

For more information about kindergarten information night please visit the Meriden Public Schools website: <https://www.meridenk12.org/parents/registration/>

CT WIZ: ACCESS MY IMMUNIZATION RECORD

The Connecticut Department of Public Health created CT WiZ, the state's official Immunization Information System. The CT WiZ Public Portal is a free service that allows persons who were vaccinated in the state to access their own immunization records, while parents and guardians can also access their minor child's records. The record can be used as proof of immunizations for daycare, school, camp, work, travel, and other needs.

The secure online portal can be found at: <https://ctwizpublicportal.dph.ct.gov/>

Need help? Complete the secure online form or call the Connecticut Immunization Program at (860) 509-7929.

With CT WiZ,
your vaccine
records are always
in your pocket!

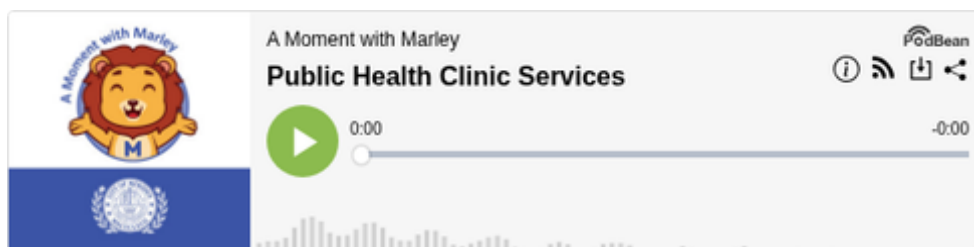


 Secure, accessible, & ready when you need them.

ctwizpublicportal.dph.ct.gov

Our Public Health Clinic provides vaccines for Meriden kids, ages 18 and younger, at no cost regardless of their health insurance status.

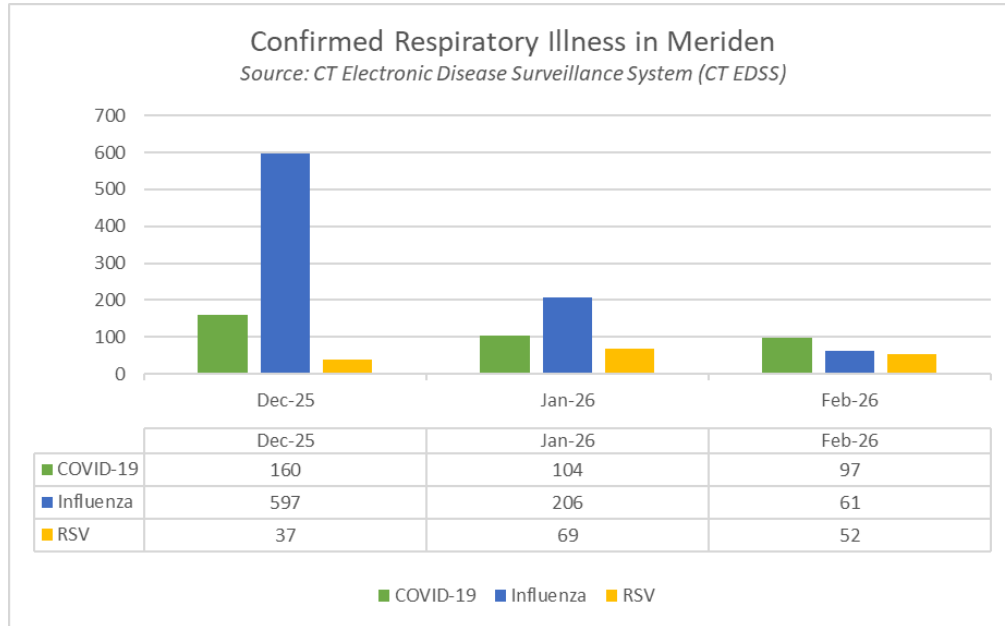
To learn more about additional services provided at our Public Health Clinic, listen to our podcast episode on A Moment with Marley [here](#).



RESPIRATORY VIRUS INFORMATION

Confirmed Respiratory Illness in Meriden

Our office monitors confirmed cases of respiratory illness in Meriden, including COVID-19, RSV, and influenza. These illnesses are reportable to local health departments per state public health code. The numbers on the chart below do not include those who test positive via a home test, or those who are ill and do not test. Numbers are subject to change as cases are reported.



AARP Disaster Preparedness

Grant

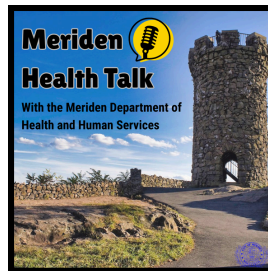
We applied for a community grant through AARP! If awarded, we will be offering free disaster preparedness training and resources for seniors age 50 and over. Feedback and discussion will help us improve our public health emergency plans for Meriden.

DEPARTMENT PODCAST CHANNELS - SUBSCRIBE!



A Moment with Marley
Provides expert insights on disease prevention, family wellness, and updates from our Public Health Clinic.

Listen on Spotify [here](#).
Listen on iHeartRadio [here](#).



Meriden Health Talk
Provides expert insights on a range of topics, including seasonal health and local updates and alerts.

Listen on Spotify [here](#).
Listen on iHeartRadio [here](#).

SUBSCRIBE TO OUR SEASONAL HEALTH NEWSLETTER

If you would like to subscribe to our monthly seasonal health and quarterly life-saving overdose prevention & response newsletters, please click [here](#). You will only need to provide your first name and email address. Your information will not be shared with anyone.

SUBSCRIBE



SENIOR CENTER NEWSLETTER

The March issue of the Meriden Senior Center newsletter is now available on our website: www.meridenhealth.com. Program highlights include:

- “A Mystery at 22 West Main” play rehearsals Tuesdays starting on March 3rd at 10am.
- Keep on Cooking: Smart Tools and Adaptive Solutions for Senior Independence March 4th 10-11am.
- AARP Free Tax Assistance every Wednesday 9am - 1pm (appointment only).



www.meridenhealth.com



City of Meriden Health & Human Services Department





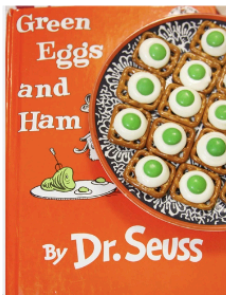
HOSTED BY:

MERIDEN EARLY LEARNING CONNECTION LGP

GROWING TOGETHER

WITH

MERIDEN EARLY START



A fun and interactive parent and child workshop led by Meriden Early Start's Parent Ambassadors.

Saturday, March 7, 2026
10:00 am - 12:00 pm
at The Meriden Public Library

REGISTRATION REQUIRED.
FOR KIDS AGES 0-5 AND
THEIR CAREGIVERS.

For more information and to register.
[Click here.](#)

