



FOR IMMEDIATE RELEASE – Meals in Motion: Cenovus Provides a Generous Donation to Lamont County Family and Community Support Services (FCSS)

March 29, 2022 – LAMONT, AB: Lamont County received a generous donation from Cenovus Energy to support Meals in Motion. The County has partnered with Cenovus to receive \$3,500 to address food security for seniors (as well as homebound and disabled individuals) that don't have family close at-hand to help with meals.

As a producer of oil and natural gas in Lamont County and Alberta's Industrial Heartland, Cenovus approached Lamont County FCSS as part of its commitment to help ensure communities where they work and live are stronger and better off because of its presence in the community. Lamont County is appreciative of this donation and the assistance these funds provide to its residents.

Facilitated by FCSS Lamont County Region, Meals in Motion helps seniors and individuals finding it hard to cook well-balanced meals, those who may have challenges in shopping, or that are simply tired of cooking for themselves on a daily basis. It offers a regular opportunity for those less able to receive well-balanced meals.

The program is dedicated to supporting seniors and participants' health, well-being and independence, but it also is focused on reducing social isolation through delivering biweekly frozen meals and check-ins. It is a community-driven program, that also provides the opportunity for referrals to other community resources as needed.

"Meals in Motion is preventative social services that is community driven," said Sara Rindero, Director of Family & Community Support Services with Lamont County. "It helps people to remain safe and independent within their own homes."

Learn more about Meals in Motion for Seniors (and others) at:
<https://www.lamontcounty.ca/departments/community-services>.

Cenovus Energy: website: <https://www.cenovus.com/>.

"At Cenovus, we're proud of the role oil plays in raising the quality of life around the world. We're committed to responsibly developing Canada's most valuable resources," said David Morrison, Senior Advisor, Local Community Relations with Cenovus. "We are pleased to be able to partner with Lamont County on this initiative."

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[ENCLOSURE – Cenovus Logo]

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cenovus
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