

# ONE KIND GESTURE...

can change someone's entire day



Sign-up to volunteer with Meals on Wheels, **TODAY!**

Meals On Wheels, Inc. needs volunteer drivers to deliver nutritious meals, as well as, love, concern, hope and friendship to the disabled and homebound in our community.

Delivering meals to the homebound is an on-going volunteer opportunity with Meals On Wheels, Inc. For many clients, the few minutes they have with a volunteer is their only face to face contact with someone all day. Additionally, you will be providing a hot meal....almost certainly the only one they'll have that day. By participating, you can make a difference!

Your help is needed to deliver meals to the homebound in your neighborhood, one noontime a week, Monday – Friday. Volunteers pick up meals at a neighborhood meal distribution site near their home or work. Volunteers deliver 10-15 meals in their area and delivery takes approximately one hour.

To become a volunteer and/or for additional information, please email or call:

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