

Meals on Wheels of Central Alabama serves homebound seniors throughout Jefferson County, providing nutrition, safety checks and social contact that help enable people to age independently and with dignity in the comfort of their own homes and communities. **mowjeffco.org**



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306,128 Meals Delivered



1,580 Homebound Seniors Served

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575 Volunteers Participated



224 New Volunteers Added



17,572 Volunteer Hours Served

