

United Way  
**meals on wheels**



## You Can Help Keep a Senior from Being Hungry and Lonely

**YOUR SUPPORT** of Meals on Wheels is vital to more than 1,000 homebound seniors in Jefferson County who depend on us for daily nutrition and look forward to our friendly visits. They come from all walks of life and want to remain independent, but simply can't prepare meals for themselves.

We deliver more than a quarter million meals a year and are constantly receiving requests for service. Please help us meet this urgent and growing need by donating online at:

**[mowjeffco.org/give](http://mowjeffco.org/give)**



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of Central Alabama, Inc.

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## Volunteering Is an Easy and Powerful Way to Make a Difference

**WE NEED HELP** in our kitchen on weekday mornings and with meal delivery during lunch. Whether you're an individual, family or part of a company, club or faith-based group, volunteering with Meals on Wheels is a fulfilling way to serve our community by connecting with homebound seniors.

- Just sign up and pass a background check.
  - Attend volunteer orientation.
- Then choose your days and delivery routes.

To apply, simply fill out the online form at:

[mowjeffco.org/volunteer](http://mowjeffco.org/volunteer)



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