

A WELCOME KNOCK AT THE DOOR



Meals on Wheels Is There for Homebound Seniors

Since 1975, Meals on Wheels has been providing nutritious meals, friendly visits and safety checks to homebound seniors throughout Jefferson County, enabling them to live independently with dignity in their own homes.

Every weekday, more than 700 meals are delivered free of charge to the doors of seniors by a driving force of about 500 dedicated volunteers who enjoy the opportunity to brighten the lives of our elderly neighbors.

You can help by volunteering or donating today.

www.mowjeffco.org



VOLUNTEERS NEEDED

Our greatest volunteer need is for drivers who serve as the wheels of Meals on Wheels, making deliveries and pausing for brief visits with our appreciative clients.

- Volunteer on your own or with friends, a faith-based group, a corporate group or a supervised youth group.
- Volunteers usually commit to at least one day a week, although the commitment varies with the individual. Deliveries typically take one to one and a half hours.
- Volunteers use their own vehicles and choose a delivery route that best suits them.
- Other volunteer opportunities include delivering meals to Senior Centers, serving meals in Senior Centers, preparing meals for home delivery and working on special projects around the holidays.

You can make a real difference in the lives of senior citizens in Jefferson County by becoming involved with Meals on Wheels.

For more information on volunteering, or to make a donation in support of meals for homebound seniors, contact us at 205.592.0413 or visit:

www.mowjeffco.org



United Way
of Central Alabama, Inc.