



VOLUNTEER WITH US!

Serve • Dignify • Advocate

HOW MEAL DELIVERY WORKS

- Collect meals at local pick-up location
- Each route takes about an hour
- Conduct wellness checks to ensure our seniors are safe & well

WHAT YOU WILL NEED

- Valid driver's license & insurance
- Personal transportation
- Pass a background check
- Complete volunteer training

MORE WAYS TO VOLUNTEER

- In-office volunteers
- Friendly Visitors
- AniMeals
- Special initiatives

WHO DO WE SERVE?

- Primarily 60+ years of age
- Residents of Johnson, Ellis and Navarro counties
- Primarily homebound or have little or no help
- Have physical or mental impairments, which make meal preparation difficult
- Short-term services are available for those recovering from serious illness or surgery

OUR MEALS

Heart healthy & diabetic-friendly:

- Choice A/B Meals
- Vegetarian Meals

Specialty diets:

- Medically-Tailored Meals



GET MEALS

www.mownct.org/sign-meals



BECOME A VOLUNTEER

www.mownct.org/volunteer



MAKE A DONATION

www.donate.mownct.org



CONTACT US!

Call or text: 888.8MY.MEAL
 Email: info@mownct.org
www.mownct.org