



Be at the *heart* of our organization.

We rely on hundreds of volunteers every day to deliver meals, make phone calls, serve lunch at our dining centers, and so much more.

DELIVERY DRIVER: Deliver meals to homebound older adults and provide a wellness check-in or deliver meals to families through our Meals 4 Kids program.

DINING CENTER AND KITCHEN SUPPORT: Help our congregate dining centers with meal prep, meal packing, dishwashing, greeting, and serving lunch to participants, or help our Meals 4 Kids program with food portioning and meal packing.

FRIENDLY CHATS: Help alleviate the social isolation that many seniors experience through weekly phone conversations.

COMMUNITY CONNECTORS: Help us get the word out about Meals on Wheels People at tabling events, festivals, and farmers markets.

To learn more and sign up, visit
mowp.org/volunteer

Questions? Contact
volunteer.coordinator@mowp.org

