

A Smile is All it Takes

Our volunteers realize independence for many seniors is difficult and are willing to help make a difference. The only skills needed are a smile and a cheery word for someone who may not see anyone else that day.



With a bright smile and simple, "Hello," volunteers deliver much more than a meal.
Call Us Today.



www.SCMealsOnWheels.org

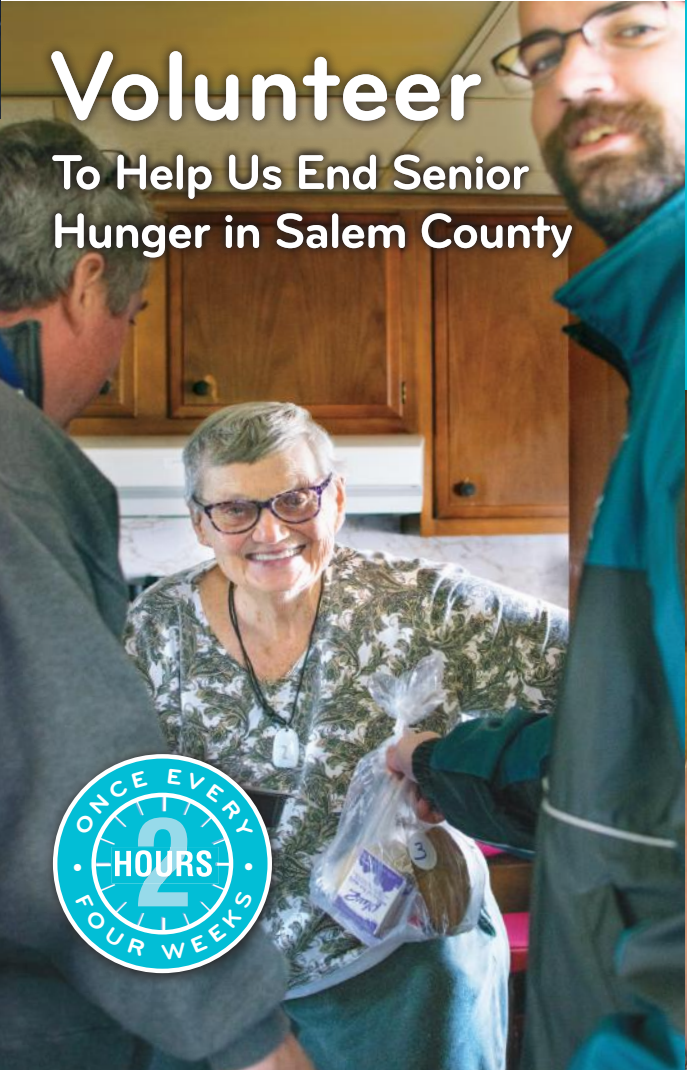
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Meals on Wheels is a 501 (c) 3 non-profit corporation funded jointly through the Salem County Aging and Disability Resource Connection & Title III of the Older Americans Act. Additional funding is provided by Salem Health & Wellness Foundation, Meals on Wheels Association of America, private foundations, memorials, public donations, client donations, and fundraising.

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Volunteer To Help Us End Senior Hunger in Salem County



Volunteers

donate as little as 2 hours, 1 time, every 4 weeks but their impact is immeasurable. Volunteers give homebound elders the peace of mind and assurance they will receive a hot meal five days a week delivered by caring people like you!





Volunteer Opportunities

Let's Talk About Volunteering

- **Drive** to deliver meals on your own or with a friend.
- **Form a team** of 6 to 8 people from your church, school, club, or work. Rotate in pairs and deliver once every 8 to 12 weeks. Team volunteering offers flexibility, built-in substitutes and a common bond.
- **Volunteer to work in the office** by assisting with the annual holiday gift drive, mailings or other needs.
- **Help with the Giant Pumpkin Carve.** Volunteers help at annual fund-raisers with parking, admissions, set-up, games, or other needs.
- **Serve on our Board of Trustees.** Service requires no more than 5 hours of time per month.
- **Become an Ambassador.** Volunteers spread the word to groups about the important work we do.
- **Serve on a Committee.** Committees help fuel our mission by attending bi-monthly meetings with can-do attitudes.

Meals on Wheels (MOW) is more than just food, we're a friendly face and a lifeline to the outside for many homebound seniors. Our volunteers take a special interest in our participants' well-being. Please bring joy into someone's life and pleasure into your own with the simple act of delivering a meal.

To keep service costs down, meals are delivered by volunteers who use their own cars to pick up the meals at their local MOW site. Volunteers deliver meals to 12-18 people on a set route five days a week.

It only takes 2 hours, **1 time, every 4 weeks** for volunteers to deliver meals in a neighborhood of their choice. Choose from one of 11 weekday routes.



Call Us Today!

856.935.3663

Yes, I want to help Meals on Wheels (Check one or more)

- ☐ I want to volunteer my services to deliver meals to homebound seniors and disabled persons. Please contact me.
- ☐ Please send me a detailed information packet about volunteer responsibilities.
- ☐ I can't volunteer, but I have enclosed a check with a donation made payable to Meals on Wheels to carry out its important work.

NAME

ADDRESS

CITY

STATE

ZIP

PHONE

E-MAIL

SEND TO

Meals on Wheels of Salem County
90 Market St., Salem NJ 08079
856-935-3663

www.scmealsonwheels.org

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