

*Delivering meals and so much more . . .*



For Immediate Release  
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## **High Heels and Hot Meals**

**Fort Worth, TX.** - Top female executives from companies across Tarrant County will gather for Meals On Wheels of Tarrant County's annual High Heels and Hot Meals event on Tuesday May 18<sup>th</sup>. Executives will meet at Meals On Wheels of Tarrant County, Inc. offices, 320 South Freeway in Fort Worth. Then they will join in delivering a meal route with a Meals On Wheels volunteer. Once the route is complete, executives will return for a luncheon, along with a special message from **Nancy Jones, President of the Community Foundation of North Texas**. In addition, **TXU will also present a check for \$7,500** to assist with meals and our Client Services department, which provides items such as walkers, air conditioners, and assistance with utility bills.

Photo opportunities and interviews will be available during this time. Please contact Denise Harris at the number provided above for time, directions and a list of participants.

### **About Meals On Wheels:**

Meals On Wheels, Inc. of Tarrant County is a nonprofit agency dedicated to providing hot, nutritious meals and services to homebound people who are unable to prepare meals for themselves and have no one to help them on a regular basis. This service supplies much-needed food and daily visits to elderly, disabled, and chronically ill people in Tarrant County. Meals are prepared in Meals On Wheels' own kitchen to ensure the highest quality food at a reasonable cost. The meals and services that the agency provides allow homebound people to remain in their homes for as long as possible, maintaining their independence and dignity.

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