

## FOR IMMEDIATE RELEASE



Thursday, January 20, 2012  
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### **Meals On Wheels Has Urgent Need for Volunteers** *Tarrant County nonprofit seeks help delivering meals in Fort Worth*

**Fort Worth** – Meals On Wheels, Inc. of Tarrant County has a dire need for volunteers to deliver meals in east and southeast Fort Worth. The areas with the greatest need are Woodhaven, Handley, Poly and Forest Hill. These areas have many aging residents, requiring the local nonprofit to start new delivery routes often. Also, several of the current volunteers are retired and find they cannot drive for health reasons. The nonprofit agency's delivery drivers are all volunteers and must provide their own transportation.

Meals On Wheels of Tarrant County does not believe in placing frail people who need food on waiting lists. "Meal-delivery volunteers are critical to that policy, so the need is especially urgent," says Executive Director Carla Jutson. The agency delivers meals Mondays through Fridays. In about an hour a week, a volunteer driver can significantly improve the life of a homebound neighbor by providing nourishment and a friendly face. Volunteers for the agency may claim vehicle mileage used throughout the year as a deduction on their income tax return.

Volunteering might be easier than you think. Volunteers go to a nearby pick-up site between 10:30 and 11:30 a.m. to collect meals for their route. They receive a sheet with each client's address; a route is typically only 8–10 stops near the pick-up site. Volunteers get to know the clients on their route and become friends and, more importantly, lifelines for those who see no one else all day.

Some volunteers have a regular route they deliver one day a week; others substitute when regular drivers are unavailable. Many companies adopt a route to share among employees. Each delivery volunteer must pass a criminal background check and attend an orientation to learn policies and procedures. Meals On Wheels of Tarrant County provides coolers and insulated bags for those who need them; keeping hot and cold items separate is essential to each client's health and enjoyment of the meal.

"A little time each week makes all the difference in the world to a homebound person," Jutson said. To volunteer, call Director of Volunteers Nedra Cutler at 817-258-6426 or visit [mealsonwheels.org](http://mealsonwheels.org).

[Meals On Wheels, Inc. of Tarrant County](http://MealsonWheels.Inc.ofTarrantCounty) is a nonprofit agency dedicated to providing fresh, nutritious ready-to-eat meals and other services to homebound residents of the county who are unable to prepare meals for themselves and have no one to help them on a regular basis. Meals are prepared in the agency's central kitchen to ensure the highest quality food at the lowest cost. The services allow their elderly, disabled and chronically ill neighbors to remain living at home for as long as possible, maintaining their independence and dignity.

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