

Meals On Wheels, Inc. of Tarrant County

817-336-0912

www.mealsonwheels.org



MEALS ON WHEELS – it's all about your community!



Every day in neighborhoods all across Tarrant County, meals are delivered by volunteers to homebound elderly and disabled people who are unable to prepare nutritious meals for themselves and have no one to help them on a regular basis.

GIVE BACK TO YOUR COMMUNITY – *you'll feel good about it!*



Donate your time to deliver meals in a neighborhood near your home or office



Donate money to provide meals



Recommend Meals On Wheels to people you know that could benefit from receiving a nutritious meal and daily visit by a caring volunteer

*Together we can make Tarrant County
a caring place to grow old!*

Meals On Wheels FACTS – *did you know*



Meals On Wheels can help temporarily while you recover from an illness or accident



There are no age limitations



There are no income limitations



Deliveries are possible in every neighborhood in Tarrant County



Meals usually begin within three days of a phone call



Good nutrition is just as important as taking your medication

Eligibility is SIMPLE – *Give us a call! We can help!*

- ✓ **homebound**
- ✓ **unable to prepare a nutritious meal and**
- ✓ **have no one to help on a regular basis**

Let us help you, a family member, or friend

Good nutrition and a daily visit from caring volunteers are essential for establishing optimal health. Meals On Wheels, Inc. of Tarrant County is here to help homebound elderly and disabled individuals remain in their home, where they want to be.



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