

Delivering meals and so much more . . .



For Immediate Release
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**Meals On Wheels Desperate for Volunteers and Donations as Number of People
Needing Meals Continues to Increase**

Meals On Wheels, Inc. of Tarrant County is in need of volunteers to deliver meals in Arlington and Fort Worth. The most urgent need in Arlington is in the Southeast neighborhoods. In Fort Worth, volunteers are needed in the Southwest, Near Southside, and Eastside neighborhoods. A drastic increase in the number of clients has resulted in the need for additional delivery routes, which means a need for more volunteers. The number of meals delivered each day has increased by 9% since this time last year. Volunteers deliver more than 4,000 meals daily Monday–Friday, and we need your help. We do not want to place clients on a waiting list, so the need for volunteers and donations is especially urgent. If you can help us by sending a donation, delivering meals, or both, we will be truly grateful.

Volunteering for Meals On Wheels is not only rewarding but also easy to do. In just about one hour a week, a volunteer can make huge differences in the life of a homebound person by providing nourishment and a friendly face, two things many homebound seniors don't receive regularly. Because volunteers use their own vehicle to make deliveries, they may claim vehicle mileage used throughout the year as a deduction on their income tax return.

A typical day for a Meals On Wheels volunteer is much like that of most other people. The exception is that one day a week, volunteers stop their daily activities between 10:30 a.m. and 11:30 a.m., pick up meals from a nearby designated distribution site, and make about 8–10 stops to drop off each client's meal. Shortly after noon, all of the meals have been delivered, and volunteers continue on with their planned activities for the day.

Meals On Wheels volunteers come from all areas of our community. Some have a regular route they deliver one day each week; others work as substitutes to help when regular drivers are out because of illness or vacations. Many companies adopt a Meals On Wheels route to share among employees.

Volunteer today. Organizations such as Meals On Wheels could not be successful in serving the needs of the community without the dedication of volunteers. A little time each week makes all the difference in the world to a homebound person. For volunteer opportunities, call Nedra Cutler at 817-258-6426 or in Arlington please call Jan Arnold at 817-277-3705. You can also visit our website at www.mealsonwheels.org.

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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