

Meals On Wheels, Inc. of Tarrant County
817-336-0912
mealsonwheels.org



Meals On Wheels: It's all about your community!

Every day in neighborhoods all across Tarrant County, volunteers deliver meals to homebound elderly and disabled people who are unable to prepare nutritious meals for themselves and have no one to help them do so 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 who could benefit from a nutritious meal and daily visit by a caring volunteer

Together, we can make Tarrant County a caring place to grow old.



Did you know?

- Meals On Wheels can help temporarily while you recover from an illness or accident
- There are no age or 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 needed medication

Eligibility is simple. Give us a call. We can help!

Our clients:

- Are temporarily or permanently homebound
- Cannot prepare a nutritious meal
- Have no one to help on a regular basis

Let us help you, a family member, or a friend.

Good nutrition and daily visits from caring volunteers are essential for establishing optimal physical and emotional health.

Meals On Wheels, Inc. of Tarrant County is here to help homebound elderly and disabled individuals remain in their own home...
where they want to be.

Meals On Wheels, Inc. of Tarrant County
320 South Freeway, Fort Worth, Texas 76104
817-336-0912
mealsonwheels.org