

Meals on Wheels

of Asheville & Buncombe County

We need Volunteers! Become a Meal Delivery Volunteer for MOW!

Sign up for a weekly route and help make a difference in the lives of homebound seniors in need.

General Info:

- **Meals are a lunchtime meal and are delivered by 12:30 pm each weekday.**
- **On average It takes 90 minutes to deliver meals (i.e. 10:30 am to 12:00 noon).**
- **We have 38 different delivery routes throughout Buncombe County. Chances are we are serving seniors near you.**
- **There are typically 12 to 16 seniors on each route.**
- **Food and supplies can be picked up at one of our 13 satellite locations close to you.**

CONTACT INFORMATION

Call Ma-Rita Alexander, Volunteer Coordinator at 828-253-5286 for more details. *We can schedule a “Ride Along” with a current volunteer to give you an idea of what a delivery route is like and how easy it is to visit and interact with our seniors!*

Call us today or visit us online at www.mowabc.org

Our mission is to provide nutritious meals, companionship and independence to homebound seniors in need. We currently serve over 450 seniors each weekday.

Together, we can deliver!