



MEALS on WHEELS
NORTH CENTRAL TEXAS

VOLUNTEERS NEEDED!

WHAT YOU'LL DO:

- Deliver meals to our senior neighbors
- Stop and enjoy a short friendly visit
- Observe and ensure the senior is doing well
- Most routes take less than an hour
- You choose how often you volunteer
 - Once a week, a month, or just on occasion



WHAT YOU NEED:

- Your own transportation
- Valid drivers license
- Car insurance
- Pass a background check
- A working mobile phone

Call Jessica at 972-268-3851 or complete an application online at mownct.org/volunteer to sign up today!