

*Delivering meals and so much more . . .*



For Immediate Release  
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***Meals On Wheels Need for Volunteers Reaches Critical Stage***

Meals On Wheels, Inc. of Tarrant County is in need of volunteers to deliver meals on a regular or substitute basis in neighborhoods all across Tarrant County. Without immediate assistance in the East and Southeast areas of Fort Worth, including Rolling Hills, Forest Hill, Poly, and Eastside it will be necessary to place people on a waiting list for service. Meals On Wheels does not want to place clients on a waiting list because of the lack of volunteers so the need is especially urgent.

Volunteering for Meals On Wheels is not only rewarding, but easy to do. In just over one hour a week, Monday- Friday, a volunteer can make a huge difference in the life of a homebound person by providing them with nourishment and a friendly face; something many homebound people don't receive regularly.

Meals On Wheels volunteers are asked to help one day each week by picking up meals at a designated distribution site between 10:30 and 11:00 a.m. and delivering them to the homebound. Training is provided and background checks are required. Volunteers use their own vehicles for delivery and must provide proof of insurance.

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 their one day a week delivery 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, contact Nedra Cutler by email to [Nedra@mealsonwheels.org](mailto:Nedra@mealsonwheels.org) or by phone 817-258-6426 . You can also visit our website at [www.mealsonwheels.org](http://www.mealsonwheels.org) for more information or to complete a volunteer interest form.

**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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