



Meals on Wheels

Meals on Wheels provides one nutritious meal Monday-Friday, year round (some holidays excluded) to seniors age 60 or over who are unable to cook for themselves, have no one to cook for them, or are housebound. The meals include an entree, vegetable, fruit, bread, and milk. Volunteers deliver meals to the client's home between 11 a.m. and 12:30 p.m. There is no charge, but a donation based on income is suggested. Menus are planned by a registered dietitian. The program delivers in the Huntsville city limits.

If you would like to help with a route, they are always looking for volunteers. Or if you would like to be a sub that fills in when

someone is sick, that would be great too. There are approximately 22 routes throughout Huntsville and it takes over 500 volunteers to provide this service! It is very simple to do and it's a great way to serve the seniors of Huntsville.

**Call a friend and
come join us!
You will be blessed!
Contact: Lynda
Middleton 256-797-0496**

