

Discover a Real Power Lunch:

Take Meals on Wheels For a Test Drive!



One lunch hour a month is all it takes to deliver nutritious meals and the social connection so vital to the senior citizens and disabled individuals in our communities.

COMPANY NAME HERE supports Meals on Wheels and we encourage you to Take Meals on Wheels For a Test Drive!

Learn what volunteering for Meals on Wheels is all about, and how you can help deliver the 1.2 million meals prepared each year. We will connect you with another employee to go on their route or you can sign up to try a route on your own or with a friend or co-worker.



To learn more about Meals on Wheels in the Twin Cities:

- Visit www.meals-on-wheels.com/get_involved_team
- Email ridealong@meals-on-wheels.com
- Call 612.623.3363

TO SIGN UP FOR A TEST DRIVE OR LEARN MORE, CONTACT:

INDIVIDUAL HAS THIS ENTIRE BLUE BOX TO TYPE IN THEIR NAME, EMAIL, PHONE, ETC.

ALL CONTACT INFO WILL BE EDITABLE HERE.