



TOP 10 REASONS TO VOLUNTEER AS A FAMILY FOR MMOW

1. Got an hour? Volunteering as a Meals on Wheels driver takes very little time, but makes a significant difference in someone's life and well-being.
2. It's a simple way to introduce your child to the value of reaching out to others and the importance of contributing to the community.
3. You'll be helping elderly people and people with disabilities stay in their homes, allowing them to continue to live independently, with dignity and self-respect.
4. You'll be fighting hunger right in your own community.
5. You'll be spending meaningful time together with the child in your life, bringing you closer and strengthening your connection to each other.
6. If you share a route with a group of families, you can volunteer as frequently or as infrequently as you wish.
7. If you have preschooler or if you homeschool, you can deliver together with your children every week (or month). If your children attend school, you can deliver alone (or with a friend), and bring the kids along during school breaks.
8. It's fun! You can go on a picnic or have a treat together when your route is completed.
9. You'll be providing a human touch, which can mean so much to a homebound person. (Did you know that as a Meals on Wheels volunteer, you may be the only person these individuals see all day?)
10. It's the perfect intergenerational opportunity. You'll be teaching your children to respect and learn from their elders as well as provide service to them, while giving seniors the opportunity to know and enjoy younger generation.