



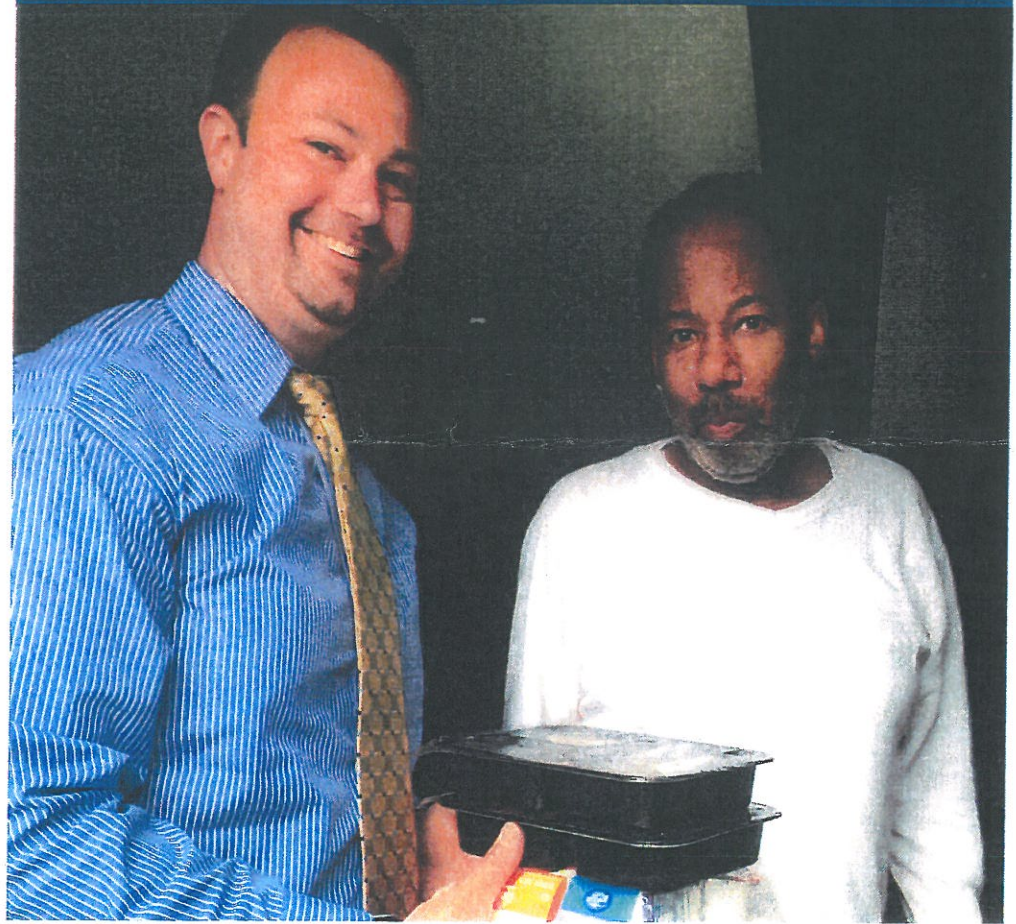
## Ways to volunteer:

- Meal Delivery
- Minute-Squad Members
- Meals on Two Wheels
- Moms for Meals
- Grocery Shoppers
- Kibble Connection
- Phone Pals
- Companion Program

**and many more!**

**Call today!**

# Volunteer with us!



## Looking for a fun, easy and rewarding way to serve your community?

**Meals on Wheels of Central Maryland is in need of volunteers to deliver meals in your community.**

All it takes is an hour and a half of your time on any weekday (Monday–Friday) between 11 a.m. and 1 p.m.

By sharing a smile, along with a little of your time, you will make a lasting difference in the life of a homebound individual.

**To learn more about volunteer opportunities contact Volunteer Services at:**

**443.573.0925**

**[mealsonwheelsmd.org/volunteer](http://mealsonwheelsmd.org/volunteer)**