

Meals on Wheels

Meals on Wheels of Wake County has been in existence for over 30 years. It states its mission as:

- providing nutritious meals to the frail, homebound elderly and persons with disabilities of Wake County in order to improve health, reduce isolation and prevent inappropriate institutionalization, and
- serving nutritious meals and providing social and educational opportunities to persons 60 and older in congregate nutrition sites.

Meals on Wheels delivers over 1300 meals a day to homebound clients across Wake County and they serve more than 400 meals at their congregate nutrition centers.

This ministry to the elderly and others in need of nutritious meals provides different opportunities for service for interested volunteers.

This is a year-round, ongoing ministry.

HOW WE CAN HELP:

- Go to www.wakemow.org or use contact information below to learn more about Meals on Wheels of Wake County and to see what type of volunteer opportunities are available.
- WFPC also budgets and provides a monetary donation each year to Meals on Wheels.

CONTACT INFORMATION:

Meals on Wheels of Wake County
1001 Blair Drive
Raleigh, NC 27627
www.wakemow.org
919-833-1749