Volunteers to make a difference!

Opportunities for

Neighbors Helping Neighbors

Meals on Wheels

Call today to help:

Greater Kingsport
United Way

423-247-4511
Kingsport, TN 37664
P.O. Box 3346

mowkipri@gmail.com

CALL 247-4511
GIVE US A CALL TODAY
READY TO HELP OUT?

Today's needs or coworkers - organize a group
for your neighbors. Talk to your
friends that have decided to do something
cook or deliver. Teams are just groups of
people or companies coordinating with each other
to cover a segment of delivery slots. Other
organizations or companies are covered exclusively
by groups of employees in the same office
or delivery routes are covered exclusively
by members of the same church. Many of
the groups require the cook teams and
help on Meals on Wheels. For

GROUP EFFORTS WORK!

Meals on Wheels is a member of a

Non-profit 501c3

We are a non-profit organization that relies on
donations of time and effort. Kick back and help

neighbors. We are always looking for new people to
join our ranks. One of the best ways to help is to

donate Meals on Wheels. It's a meaningful way for
Chains are good that you want to help.

Donate 410 745-4511

Clinica de oher a monthly

Meals on Wheels for volunteers that require as
much help as you can. If you enjoy helping people in

organizations we're proud to serve. It's a service

community is honored to be part of. Join our.

people in your city, we encourage you to see people in

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**Cooks**

Someone, please ask your local restaurant or cook to start a menu for you. This will help us in our endeavors. By doing so, you will make a difference in our program and improve our outcome.

To order our menu, please contact us at 10:00 AM. The menu is available upon request.

**How Can You Help?**

- **Volunteers Needed:**
  - We need volunteers to help with the delivery of meals. Volunteers are needed to help with the coordination of the meals.
  - Volunteers will be provided with a menu and instructions on how to deliver the meals.

- **Home Visits:**
  - Volunteers are needed to make home visits.
  - Volunteers should be able to communicate in English.

- **Cooking:**
  - Volunteers are needed to prepare meals.
  - Volunteers are encouraged to bring their own recipes.

- **Other Opportunities:**
  - Volunteers are needed to help with the coordination of the meals.
  - Volunteers are needed to help with the delivery of meals.

**Contact Information:**

- Phone: 123-456-7890
- Email: info@volunteerorganization.com
- Address: 123 Main Street, Anytown, USA